

Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

Generated on: 5/2/2019 10:31:37 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Wed - 05/01/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
PIZZA, PAZZO 8 CUT	1 EACH	10	438	960	6.09	*11	22.57	53.7
CHICKEN QUESADILLAS HS shr Chi	3oz Chx/1oz Ch	10	430	1039	4.00	2	32.09	33.78
Pasta Barilla&Meatballs - High	1C Psta/5 Mbl	10	468	673	9.58	*3	23.57	56.9
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
Wild Maine Blueberry dip	2 oz	10	*29	*6	*1.20	*4	*0.1	*5.44
DELI BAR HS	EACH 2G2M	10	395	1628	5.91	*6	23.36	49.42
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	0	0	0	0.00	*0	0.0	0.0
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			*1770	*3596	*21.37	*72	*82.00	*250.08
% of Calories						*16.3%	*18.5%	*56.5%
Nutrient Guideline			600-725	1030				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 05/02/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN PARMESEAN HS	2 TENDERS	10	414	1436	3.96	7	26.82	50.95
CHICKEN ORANGE STIR FRY KIT 12	2.8 OZ SERVIN	10	151	191	0.00	7	13.06	9.04
HOT DOG BEEF boat ms	1 EACH	10	382	754	3.03	*1	12.07	36.48
DELI BAR HS	EACH 2G2M	10	395	1628	5.91	*6	23.36	49.42
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	0	0	0	0.00	*0	0.0	0.0
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1362	2920	13.77	*59	66.02	192.24
% of Calories						*17.4%	19.4%	56.5%
Nutrient Guideline			600-725	1030				

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/03/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
sand buffalo chicken wrap	2 each	10	607	1118	*7.24	*1	20.37	49.02
Mac&Cheese HS 1 Cup	1 cup	10	455	1296	3.14	*0	21.7	38.11
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
Weighted Daily Average			1639	3212	*17.39	*64	63.82	222.18
% of Calories						*15.7%	15.6%	54.2%
Nutrient Guideline			600-725	1030				

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Mon - 05/06/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
MEATBALL SUB w/cheese HS	1 each	10	442	976	3.95	7	27.68	38.72
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
Mashed Potato Bowl HS MS	Serving	10	446	913	4.65	*15	22.54	53.33
Chicken & Waffle Basket	3 chix/2 waffle	10	470	990	5.99	*8	20.99	56.95
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1684	2948	19.87	*70	77.71	233.27
% of Calories						*16.6%	18.5%	55.4%
Nutrient Guideline			600-725	1030				

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Tue - 05/07/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
MOZZARELLA STICK 5 HS	6STIX 4OZ SAUCE	10	425	575	4.84	8	20.84	46.02
CHICKEN BURGER 2M 3G	1 EACH	10	386	731	6.00	3	20.0	44.0
steak & cheese LOCAL mshs	1.5oz Bf/.5Chz	10	345	592	2.95	2	32.62	29.99
DELI BAR HS	EACH 2G2M	10	395	1628	5.91	*6	23.36	49.42
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	0	0	0	0.00	*0	0.0	0.0
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1466	2679	17.16	*58	76.77	204.01
% of Calories						*15.9%	20.9%	55.7%
Nutrient Guideline			600-725	1030				

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Wed - 05/08/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
PIZZA, PAZZO 8 CUT	1 EACH	10	438	960	6.09	*11	22.57	53.7
Beef Burrito	1 Burrito	10	396	844	4.67	*1	21.04	40.5
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
DELI BAR HS	EACH 2G2M	10	395	1628	5.91	*6	23.36	49.42
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	0	0	0	0.00	*0	0.0	0.0
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1676	3537	18.32	*70	74.98	238.03
% of Calories						*16.7%	17.9%	56.8%
Nutrient Guideline			600-725	1030				

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Thu - 05/09/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN PARMESEAN HS	2 TENDERS	10	414	1436	3.96	7	26.82	50.95
Chicken Teriyaki Stir Fry Kit	2.8 oz servings	10	130	300	0.00	7	14.0	8.0
Nachos Real Cheese w/Chili	1 each	10	576	1124	5.92	*3	20.36	55.94
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1285	2498	13.76	*59	60.10	181.64
% of Calories						*18.3%	18.7%	56.5%
Nutrient Guideline			600-725	1030				

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/10/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
FISH taco w/CHEESE 2M 2G	3ozF2chz1/2sla	10	410	663	4.12	*1	25.31	38.81
sand buffalo chicken wrap	2 each	10	607	1118	*7.24	*1	20.37	49.02
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1617	2896	*17.89	*65	65.63	222.53
% of Calories						*16.1%	16.2%	55.1%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Mon - 05/13/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
MEATBALL SUB w/cheese HS	1 each	10	442	976	3.95	7	27.68	38.72
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
chicken drumsticks & Mashed HS	servings	10	512	1063	2.02	*2	29.96	46.45
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1794	3362	18.20	*70	82.19	244.29
% of Calories						*15.6%	18.3%	54.5%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Tue - 05/14/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
CHICKEN BURGER 2M 3G	1 EACH	10	386	731	6.00	3	20.0	44.0
Taco Beef, w/ Taco Boat HS	serving	10	542	688	3.00	*17	22.0	45.65
DELI BAR HS	EACH 2G2M	10	395	1628	5.91	*6	23.36	49.42
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	0	0	0	0.00	*0	0.0	0.0
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1524	2817	16.78	*62	71.38	204.59
% of Calories						*16.4%	18.7%	53.7%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Wed - 05/15/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
PIZZA, PAZZO 8 CUT	1 EACH	10	438	960	6.09	*11	22.57	53.7
CHICKEN QUESADILLAS HS	3oz Chx/1oz Ch	10	393	1033	4.00	2	32.13	34.58
Pasta Barilla&Meatballs - High	1C Psta/5 Mbl	10	468	673	9.58	*3	23.57	56.9
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
Wild Maine Blueberry dip	2 oz	10	*29	*6	*1.20	*4	*0.1	*5.44
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			*1760	*3309	*21.92	*72	*81.83	*246.43
% of Calories						*16.4%	*18.6%	*56.0%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

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Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 05/16/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN PARMESEAN HS	2 TENDERS	10	414	1436	3.96	7	26.82	50.95
CHICKEN ORANGE STIR FRY KIT 12	2.8 OZ SERVIN	10	151	191	0.00	7	13.06	9.04
HOT DOG BEEF boat ms	1 EACH	10	382	754	3.03	*1	12.07	36.48
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1198	2259	12.32	*58	55.48	172.44
% of Calories						*19.3%	18.5%	57.6%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

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Planned Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/17/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
sand buffalo chicken wrap	1 each	10	303	559	*3.62	*1	10.19	24.51
Mac&Cheese HS 1 Cup	1 cup	10	455	1296	3.14	*0	21.7	38.11
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1487	2933	*15.58	*64	58.73	209.92
% of Calories						*17.3%	15.8%	56.5%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Mon - 05/20/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
MEATBALL SUB w/cheese HS	1 each	10	442	976	3.95	7	27.68	38.72
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
Mashed Potato Bowl HS MS	Serving	10	446	913	4.65	*15	22.54	53.33
Chicken & Waffle Basket	3 chix/2 waffle	10	470	990	5.99	*8	20.99	56.95
DELI BAR HS	EACH 2G2M	10	395	1628	5.91	*6	23.36	49.42
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	0	0	0	0.00	*0	0.0	0.0
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1848	3609	21.32	*71	88.25	253.08
% of Calories						*15.5%	19.1%	54.8%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Tue - 05/21/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
MOZZARELLA STICK 5 HS	6STIX 4OZ SAUCE	10	425	575	4.84	8	20.84	46.02
CHICKEN BURGER 2M 3G	1 EACH	10	386	731	6.00	3	20.0	44.0
steak & cheese LOCAL mshs	1.5oz Bf/.5Chz	10	345	592	2.95	2	32.62	29.99
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	1	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1248	1940	15.72	*48	62.64	174.89
% of Calories						*15.5%	20.1%	56.1%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Wed - 05/22/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
PIZZA, PAZZO 8 CUT	1 EACH	10	438	960	6.09	*11	22.57	53.7
Beef Burrito	1 Burrito	10	396	844	4.67	*1	21.04	40.5
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1513	2875	16.87	*68	64.45	218.22
% of Calories						*18.1%	17.0%	57.7%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 05/23/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN PARMESEAN HS	2 TENDERS	10	414	1436	3.96	7	26.82	50.95
Chicken Teriyaki Stir Fry Kit	2.8 oz servings	10	130	300	0.00	7	14.0	8.0
Nachos Real Cheese w/Chili	1 each	10	576	1124	5.92	*3	20.36	55.94
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1285	2498	13.76	*59	60.10	181.64
% of Calories						*18.3%	18.7%	56.5%
Nutrient Guideline			600-725	1030				

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/24/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI								
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
FISH taco w/CHEESE 2M 2G	3ozF2chz1/2sla	10	410	663	4.12	*1	25.31	38.81
sand buffalo chicken wrap	2 each	10	607	1118	*7.24	*1	20.37	49.02
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1617	2896	*17.89	*65	65.63	222.53
% of Calories						*16.1%	16.2%	55.1%
Nutrient Guideline			600-725	1030				

Mon - 05/27/2019								
HIGH SCHOOL BREAKFAS	Total	10						
NO SCHOOL	SERVING	1	0	0	0.00	0	0.0	0.0

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
MEATBALL SUB w/cheese HS	1 each	10	442	976	3.95	7	27.68	38.72
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
chicken drumsticks & Mashed HS	servings	10	512	1063	2.02	*2	29.96	46.45
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1498	3001	15.94	*54	72.14	192.85
% of Calories						*14.4%	19.3%	51.5%
Nutrient Guideline			600-725	1030				

Tue - 05/28/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
CHICKEN BURGER 2M 3G	1 EACH	10	386	731	6.00	3	20.0	44.0
Taco Beef, w/ Taco Boat HS	serving	10	542	688	3.00	*17	22.0	45.65
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1360	2155	15.33	*61	60.85	184.78
% of Calories						*17.9%	17.9%	54.3%
Nutrient Guideline			600-725	1030				

Wed - 05/29/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	10						
PIZZA, PAZZO 8 CUT	1 EACH	10	438	960	6.09	*11	22.57	53.7
CHICKEN QUESADILLAS HS	3oz Chx/1oz Ch	10	393	1033	4.00	2	32.13	34.58
Pasta Barilla&Meatballs - High	1C Psta/5 Mbl	10	468	673	9.58	*3	23.57	56.9
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
Wild Maine Blueberry dip	2 oz	10	*29	*6	*1.20	*4	*0.1	*5.44
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			*1760	*3309	*21.92	*72	*81.83	*246.43
% of Calories						*16.4%	*18.6%	*56.0%
Nutrient Guideline			600-725	1030				

Thu - 05/30/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST PIZZA HS	slice	1	328	519	3.47	*0	17.86	31.33
French Toast Glazed 1M 1.5G	1 EACH	1	197	313	0.89	*N/A*	7.15	27.7
APPLE FRUDEL PILLSBURY	1 EACH	0	0	0	0.00	0	0.0	0.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
PORTLAND & DEERING HI	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN PARMESEAN HS	2 TENDERS	10	414	1436	3.96	7	26.82	50.95
CHICKEN ORANGE STIR FRY KIT 12	2.8 OZ SERVIN	10	151	191	0.00	7	13.06	9.04
HOT DOG BEEF boat ms	1 EACH	10	382	754	3.03	*1	12.07	36.48
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Weighted Daily Average			1198	2259	12.32	*58	55.48	172.44
% of Calories						*19.3%	18.5%	57.6%
Nutrient Guideline			600-725	1030				

Fri - 05/31/2019								
HIGH SCHOOL BREAKFAS	Total	10						
Breakfast Bar Apple Cinnamon B	1 each	1	290	250	3.00	*N/A*	5.0	48.0
CEREAL, ASSORTED	7/8 OZ	3	95	142	1.91	*5	1.39	19.76
Yogurt (upstate) Strawberry Ba	4oz serving	1	90	50	0.00	14	3.0	19.0
GRANOLA V2	1/4 CUP	1	130	3	2.18	*11	3.18	22.49
BAGEL & CRM CHEESE	1 each	2	193	343	3.58	*1	7.97	30.65
Muffin Trans Fat Free Gold Med	4 oz	2	306	541	1.80	*N/A*	3.6	55.8
Bread Banana Slice	1 each	1	280	220	2.00	*N/A*	5.0	44.0
BREAKFAST SANDWICH ASST	1 EACH	3	250	663	3.00	2	11.79	26.22
Mini Bagel, Cinnamon Pillsbury	1 EACH	5	240	180	2.00	13	6.0	42.0
Pancakes Aunt Jemima Whole Gra	2 pancakes	0	0	0	0.00	*N/A*	0.0	0.0
Milk Variety High School	1 each	10	124	162	0.00	20	8.1	21.8
Orange Juice 4 oz Oakhurst	1 each	10	60	0	0.00	*N/A*	1.0	14.0
FRUIT, BREAKFAST	1 EACH	1	66	1	2.68	10	1.07	16.53
PORTLAND & DEERING HI	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN TENDERS FF BOAT	3oz Chx/4oz FF	10	624	1668	5.30	*21	22.53	85.87
sand buffalo chicken wrap	1 each	10	303	559	*3.62	*1	10.19	24.51
Mac&Cheese HS 1 Cup	1 cup	10	455	1296	3.14	*0	21.7	38.11
DELI BAR HS	EACH 2G2M	0	0	0	0.00	*0	0.0	0.0
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
SALAD BAR HS/MS	Serving	10	68	305	3.02	*3	2.29	9.81
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: HIGH SCHOOL BREAKFAST/PORTLAND & DEERING HIGH LUNCH

Portion Values - Detailed

015 - Deering High School

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			1487	2933	*15.58	*64	58.73	209.92
% of Calories						*17.3%	15.8%	56.5%
Nutrient Guideline			600-725	1030				

Weighted Average			*1525	*2889	*17.00	*64	*68.99	*212.11
						*37.6%	*18.1%	*55.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1525		600 - 725	210%	Missing		800	Correction Required - Calories too High
Sodium (mg)	2889		1030		Missing		1859	Correction Required - Sodium too High
Fiber (g)	17.00				Missing			
Sugars (g)	64	16.71%			Missing			
Protein (g)	68.99	18.09%			Missing			
Carbohydrate (g)	212.11	55.63%			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

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