

Portland Public Schools

May 1, 2019 thru May 31, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Wed - 05/01/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Breakfast round UBR cinnamon R	1 each	375	280	190	5.00	19	5.0	44.0
APPLESAUCE CUP PC	1 EACH	375	55	3	1.53	*N/A*	0.22	14.4
FRUIT JUICE,ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN ORANGE STIR FRY KIT 12	2.8 OZ SERVING	10	151	191	0.00	7	13.06	9.04
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*873	*3997	*7.09	*43	*22.78	*164.69
% of Calories						*19.6%	*10.4%	*75.4%
Nutrient Guideline			454-505	560				

Thu - 05/02/2019								
MIDDLE SCHOOL BREAKF	Total	375						
BAGEL & CRM CHEESE	1 each	375	193	343	3.58	*1	7.97	30.65
FRUIT, BREAKFAST	1 EACH	375	66	1	2.68	10	1.07	16.53
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
HOT DOG BEEF LS ON A WG BUN	1 EACH	10	312	795	1.02	*1	10.06	22.45
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*752	*4144	*6.43	*35	*25.95	*141.34
% of Calories						*18.8%	*13.8%	*75.2%
Nutrient Guideline			454-505	560				

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)
Fri - 05/03/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Muffin Corn 2G IW	1 each	375	300	160	2.00	*N/A*	5.0	50.03
BANANAS regular 100ct	1 EACH	375	121	1	3.54	17	1.48	31.06
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN SALAD	1/2 CUP	10	174	299	0.59	*0	18.31	6.15
POTATO CHIP BAG	1 EACH .5oz	10	58	89	0.89	*N/A*	0.89	11.59
CHICKEN QUESADILLAS HS	3oz Chx/1oz Ch	10	393	1033	4.00	2	32.13	34.58
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*907	*3965	*5.68	*40	*23.99	*173.94
% of Calories						*17.8%	*10.6%	*76.7%
Nutrient Guideline			454-505	560				

Sat - 05/04/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Bread Banana Slice	1 each	375	280	220	2.00	*N/A*	5.0	44.0
DRIED FRUIT	1/4 CUP	375	110	0	3.00	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
Weighted Daily Average			635	485	5.50	*48	21.50	111.50
% of Calories						*30.2%	13.5%	70.2%
Nutrient Guideline			454-505	560				

Mon - 05/06/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Cinnamon Crisp VERTICAL Bar	1 each	375	240	80	2.00	14	3.0	39.0
APPLES, FRESH 125 ct	1 EACH	375	75	1	3.48	0	0.38	20.05
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0

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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)
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
chicken drumsticks & Mashed HS	servings	10	512	1063	2.02	*2	29.96	46.45
CHICKEN NUGGETS Boat w/biscuit5	SERVING	10	496	779	5.57	2	22.86	55.06
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*814	*3898	*5.68	*38	*21.00	*153.75
% of Calories						*18.6%	*10.3%	*75.5%
Nutrient Guideline			454-505	560				

Tue - 05/07/2019								
MIDDLE SCHOOL BREAKF	Total	375						
APPLE FRUDEL PILLSBURY	1 EACH	375	210	260	2.00	11	4.99	35.96
DRIED FRUIT	1/4 CUP	375	110	0	3.00	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
MOZZARELLA STICK 5 w/dip	5 EACH	10	430	590	5.00	9	21.0	47.0
MEATBALL SUB w/cheese HS	1 each	10	442	976	3.95	7	27.68	38.72
Salad Bar MS see FV Prod Sheet	1 Cup	10	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	0	0	0	0.00	0	0.0	0.0
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*865	*4074	*5.73	*58	*22.74	*170.73
% of Calories						*26.8%	*10.5%	*78.9%
Nutrient Guideline			454-505	560				

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Wed - 05/08/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Yogurt (upstate) Strawberry Ba	4 oz serving	375	90	50	0.00	14	3.0	19.0
ZeeZees Grahamz, Birthday Cake	serving	375	130	50	0.00	8	2.0	21.0
BANANAS regular 100ct	1 EACH	0	0	0	0.00	0	0.0	0.0
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*715	*3896	*0.40	*47	*22.05	*135.76
% of Calories						*26.1%	*12.3%	*75.9%
Nutrient Guideline			454-505	560				

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 05/09/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Muffin Blueberry 2G IW SKYB	1 each	375	270	280	2.00	21	6.0	45.0
DRIED FRUIT	1/4 CUP	375	110	0	3.00	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
Beef Burrito	1 Burrito	10	396	844	4.67	*1	21.04	40.5
CHICKEN BURGER 2M 3G	1 EACH	10	386	731	6.00	3	20.0	44.0
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*925	*4099	*5.78	*68	*23.73	*180.05
% of Calories						*29.4%	*10.3%	*77.9%
Nutrient Guideline			454-505	560				

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/10/2019								
MIDDLE SCHOOL BREAKF MANAGERS CHOICE ALT.	Total	375						
BANANAS regular 100ct	1	375	0	0	0.00	0	0.0	0.0
MILK, HALF PINT 1%	1 EACH	375	121	1	3.54	17	1.48	31.06
MILK, HALF PINT SKIM	HALF PINT	375	100	125	0.00	12	8.0	13.0
	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
ITALIAN, TURKEY	1 SANDWICH	10	309	1661	3.81	5	23.76	34.13
POTATO CHIP BAG	1 EACH .5oz	10	58	89	0.89	*N/A*	0.89	11.59
FISHBURGER w/CHEESE 2.25M 2G	1 EACH	10	426	1091	4.00	3	21.0	55.0
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*619	*3846	*3.81	*40	*18.96	*126.47
% of Calories						*26.1%	*12.3%	*81.7%
Nutrient Guideline			454-505	560				

Mon - 05/13/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Breakfast round UBR cinnamon R	1 each	375	280	190	5.00	19	5.0	44.0
APPLESAUCE CUP PC	1 EACH	375	55	3	1.53	*N/A*	0.22	14.4
FRUIT JUICE,ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
NACHOS WITH GROUND BEEF	SERVINGS	10	281	590	2.10	*N/A*	17.8	19.28
Chicken Breaded Tenderloin RTC	2 piece serving	10	250	660	1.00	*N/A*	16.0	19.0
Wild Maine Blueberry dip	2 oz	10	*29	*6	*1.20	*4	*0.1	*5.44
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4

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Weighted Daily Average			*875	*4005	*7.10	*43	*22.78	*164.77
% of Calories						*19.5%	*10.4%	*75.3%
Nutrient Guideline			454-505	560				

Tue - 05/14/2019								
MIDDLE SCHOOL BREAKF	Total	375						
BAGEL & CRM CHEESE	1 each	375	193	343	3.58	*1	7.97	30.65
FRUIT, BREAKFAST	1 EACH	375	66	1	2.68	10	1.07	16.53
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
Pasta Barilla&Meatballs - High	1C Psta/5 Mbl	10	468	673	9.58	*3	23.57	56.9
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*756	*4141	*6.65	*35	*26.30	*142.23
% of Calories						*18.7%	*13.9%	*75.3%
Nutrient Guideline			454-505	560				

Wed - 05/15/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Muffin Corn 2G IW	1 each	375	300	160	2.00	*N/A*	5.0	50.03
BANANAS regular 100ct	1 EACH	375	121	1	3.54	17	1.48	31.06
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN ORANGE STIR FRY KIT 12	2.8 OZ SERVIN	10	151	191	0.00	7	13.06	9.04
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4

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Weighted Daily Average			*904	*3952	*5.64	*40	*23.53	*173.64
% of Calories						*17.9%	*10.4%	*76.9%
Nutrient Guideline			454-505	560				

Thu - 05/16/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Bread Banana Slice	1 each	375	280	220	2.00	*N/A*	5.0	44.0
DRIED FRUIT	1/4 CUP	375	110	0	3.00	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
HOT DOG BEEF LS ON A WG BUN	1 EACH	10	312	795	1.02	*1	10.06	22.45
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*933	*4038	*5.68	*48	*22.50	*178.66
% of Calories						*20.4%	*9.6%	*76.6%
Nutrient Guideline			454-505	560				

Fri - 05/17/2019								
MIDDLE SCHOOL BREAKF	Total	375						
MANAGERS CHOICE ALT.	1	375	0	0	0.00	0	0.0	0.0
BANANAS regular 100ct	1 EACH	375	121	1	3.54	17	1.48	31.06
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL BREAKFAST/MIDDLE SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN SALAD	1/2 CUP	10	174	299	0.59	*0	18.31	6.15
POTATO CHIP BAG	1 EACH .5oz	10	58	89	0.89	*N/A*	0.89	11.59
CHICKEN QUESADILLAS HS	3oz Chx/1oz Ch	10	393	1033	4.00	2	32.13	34.58
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*615	*3809	*3.73	*40	*19.11	*125.21
% of Calories						*26.2%	*12.4%	*81.5%
Nutrient Guideline			454-505	560				

Mon - 05/20/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Cinnamon Crisp VERTICAL Bar	1 each	375	240	80	2.00	14	3.0	39.0
APPLES,FRESH 125 ct	1 EACH	375	75	1	3.48	0	0.38	20.05
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
chicken drumsticks & Mashed HS	servings	10	512	1063	2.02	*2	29.96	46.45
CHICKEN NUGGETS Boat w/biscut5	SERVING	10	496	779	5.57	2	22.86	55.06
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*814	*3898	*5.68	*38	*21.00	*153.75
% of Calories						*18.6%	*10.3%	*75.5%
Nutrient Guideline			454-505	560				

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL BREAKFAST/MIDDLE SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Tue - 05/21/2019								
MIDDLE SCHOOL BREAKF	Total	375						
APPLE FRUDEL PILLSBURY	1 EACH	375	210	260	2.00	11	4.99	35.96
DRIED FRUIT	1/4 CUP	375	110	0	3.00	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
MOZZARELLA STICK 5 w/dip	5 EACH	10	430	590	5.00	9	21.0	47.0
MEATBALL SUB w/cheese HS	1 each	10	442	976	3.95	7	27.68	38.72
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*868	*4079	*5.73	*59	*22.95	*171.27
% of Calories						*27.0%	*10.6%	*78.9%
Nutrient Guideline			454-505	560				

Wed - 05/22/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Yogurt (upstate) Raspberry 4oz	1 EACH	375	90	75	0.00	*N/A*	3.0	19.0
Zee Zees Grahamz, Original, WG	serving	0	0	0	0.00	0	0.0	0.0
BANANAS regular 100ct	1 EACH	375	121	1	3.54	17	1.48	31.06
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
Yogurt PARFAIT HS/MS	8oz/.5cup/2G	10	441	325	6.12	*46	11.69	91.48
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*706	*3873	*3.85	*42	*21.54	*145.56
% of Calories						*23.5%	*12.2%	*82.4%
Nutrient Guideline			454-505	560				

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Portland Public Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Combined: MIDDLE SCHOOL BREAKFAST/MIDDLE SCHOOL LUNCH

012 - King Middle 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								
MIDDLE SCHOOL BREAKF	Total	375						
Muffin Blueberry 2G IW SKYB	1 each	375	270	280	2.00	21	6.0	45.0
DRIED FRUIT	1/4 CUP	375	110	0	3.00	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
Beef Burrito	1 Burrito	10	396	844	4.67	*1	21.04	40.5
CHICKEN BURGER 2M 3G	1 EACH	10	386	731	6.00	3	20.0	44.0
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*925	*4099	*5.78	*68	*23.73	*180.05
% of Calories						*29.4%	*10.3%	*77.9%
Nutrient Guideline			454-505	560				

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/24/2019								
MIDDLE SCHOOL BREAKF	Total	375						
MANAGERS CHOICE ALT.	1	375	0	0	0.00	0	0.0	0.0
BANANAS regular 100ct	1 EACH	375	121	1	3.54	17	1.48	31.06
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
ITALIAN, TURKEY	1 SANDWICH	10	309	1661	3.81	5	23.76	34.13
POTATO CHIP BAG	1 EACH .5oz	10	58	89	0.89	*N/A*	0.89	11.59
FISHBURGER w/CHEESE 2.25M 2G	1 EACH	10	426	1091	4.00	3	21.0	55.0
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*619	*3846	*3.81	*40	*18.96	*126.47
% of Calories						*26.1%	*12.3%	*81.7%
Nutrient Guideline			454-505	560				

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Portland Public Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Combined: MIDDLE SCHOOL BREAKFAST/MIDDLE SCHOOL LUNCH

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Mon - 05/27/2019								
MIDDLE SCHOOL BREAKF NO SCHOOL	Total SERVING	375	0	0	0.00	0	0.0	0.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
NACHOS WITH GROUND BEEF	SERVINGS	10	281	590	2.10	*N/A*	17.8	19.28
Chicken Breaded Tenderloin RTC	2 piece serving	10	250	660	1.00	*N/A*	16.0	19.0
Wild Maine Blueberry dip	2 oz	10	*29	*6	*1.20	*4	*0.1	*5.44
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*310	*3560	*0.25	*1	*1.63	*69.41
% of Calories						*1.0%	*2.1%	*89.5%
Nutrient Guideline			454-505	560				

Tue - 05/28/2019								
MIDDLE SCHOOL BREAKF	Total	375						
BAGEL & CRM CHEESE	1 each	375	193	343	3.58	*1	7.97	30.65
FRUIT, BREAKFAST	1 EACH	375	66	1	2.68	10	1.07	16.53
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
Pasta Barilla&Meatballs - High	1C Psta/5 Mbl	10	468	673	9.58	*3	23.57	56.9
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*756	*4141	*6.65	*35	*26.30	*142.23
% of Calories						*18.7%	*13.9%	*75.3%
Nutrient Guideline			454-505	560				

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL BREAKFAST/MIDDLE SCHOOL 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 - 05/29/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Muffin Corn 2G IW	1 each	375	300	160	2.00	*N/A*	5.0	50.03
BANANAS regular 100ct	1 EACH	375	121	1	3.54	17	1.48	31.06
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
CHICKEN ORANGE STIR FRY KIT 12	2.8 OZ SERVIN	10	151	191	0.00	7	13.06	9.04
HAMBURGER /BUN CHEESE	1 each	10	343	755	4.02	3	20.69	31.52
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*904	*3952	*5.64	*40	*23.53	*173.64
% of Calories						*17.9%	*10.4%	*76.9%
Nutrient Guideline			454-505	560				

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 05/30/2019								
MIDDLE SCHOOL BREAKF	Total	375						
Bread Banana Slice	1 each	375	280	220	2.00	*N/A*	5.0	44.0
DRIED FRUIT	1/4 CUP	375	110	0	3.00	24	0.0	28.0
FRUIT JUICE, ASSORTED	4 OZ	375	55	15	0.50	*N/A*	0.5	13.5
MILK, HALF PINT 1%	HALF PINT	375	100	125	0.00	12	8.0	13.0
MILK, HALF PINT SKIM	HALF PINT	375	90	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	Total	10						
pizza 16" amato CHEESE 8c 2M2B	1/8 slice	10	369	819	5.44	7	20.98	46.49
HOT DOG BEEF LS ON A WG BUN	1 EACH	10	312	795	1.02	*1	10.06	22.45
Chicken Patty Spicy Brd Sandwi	1 EACH	10	419	675	6.03	3	21.16	46.18
Salad Bar MS see FV Prod Sheet	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK - VARIETY maine	8 OZ	10	122	171	0.00	19	8.0	20.7
Condiments	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*933	*4038	*5.68	*48	*22.50	*178.66
% of Calories						*20.4%	*9.6%	*76.6%
Nutrient Guideline			454-505	560				

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Portland Public Schools

May 1, 2019 thru May 31, 2019

Planned Menu Spreadsheet

Combined: MIDDLE SCHOOL BREAKFAST/MIDDLE SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 05/31/2019								
MIDDLE SCHOOL BREAKF MANAGERS CHOICE ALT.	Total	375						
BANANAS regular 100ct	1	375	0	0	0.00	0	0.0	0.0
MILK, HALF PINT 1%	1 EACH	375	121	1	3.54	17	1.48	31.06
MILK, HALF PINT SKIM	HALF PINT	375	100	125	0.00	12	8.0	13.0
MIDDLE SCHOOL LUNCH	HALF PINT	375	90	125	0.00	12	8.0	13.0
pizza 16" amato CHEESE 8c 2M2B	Total	10						
CHICKEN SALAD	1/8 slice	10	369	819	5.44	7	20.98	46.49
POTATO CHIP BAG	1/2 CUP	10	174	299	0.59	*0	18.31	6.15
CHICKEN QUESADILLAS HS	1 EACH .5oz	10	58	89	0.89	*N/A*	0.89	11.59
Salad Bar MS see FV Prod Sheet	3oz Chx/1oz Ch	10	393	1033	4.00	2	32.13	34.58
MILK - VARIETY maine	1 Cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Condiments	8 OZ	10	122	171	0.00	19	8.0	20.7
	List	10	*10886	*13479	*0.00	*N/A*	*0.0	*2561.4
Weighted Daily Average			*615	*3809	*3.73	*40	*19.11	*125.21
% of Calories						*26.2%	*12.4%	*81.5%
Nutrient Guideline			454-505	560				

Weighted Average			*777	*3818	*5.07	*43	*21.59	*150.38
						*50.0%	*11.1%	*77.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	777		454 - 505	154%	Missing		272	Correction Required - Calories too High
Sodium (mg)	3818		560		Missing		3258	Correction Required - Sodium too High
Fiber (g)	5.07				Missing			
Sugars (g)	43	22.20%			Missing			
Protein (g)	21.59	11.12%			Missing			
Carbohydrate (g)	150.38	77.46%			Missing			

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