

# Wilmette Public Schools District 39

Jan 1, 2021 thru Jan 31, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/11/2021													
Elementary Lunch	Total												
Italian Chicken Tenders, Barbe	3 Pieces (4	220	40	1.00	1.08	20.0	0	0	1.2	18.0	17.0	9.0	1.50
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		575	55	*6.00	*1.80	*330.0	*0	*0	*7.20	30.50	60.50	23.90	4.50
% of Calories										21.2%	42.1%	37.4%	7.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 01/12/2021													
Elementary Lunch	Total												
Grilled Cheese	Sandwich	330	45	2.00	2.16	241.7	776	173	0.0	12.06	26.0	19.7	11.61
Chips-Selection Varies	Sandwich	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		343	30	*3.50	*1.44	*275.8	*388	*86	*3.00	12.28	34.75	17.30	7.31
% of Calories										14.3%	40.6%	45.4%	19.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 01/13/2021													
Elementary Lunch	Total												
Cheese Ravioli - HMS,WJHS	1 Serving	244	45	3.49	1.62	152.0	673	81	9.9	10.21	36.13	7.72	3.73
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		389	60	*6.49	*1.62	*442.0	*673	*81	*9.90	19.71	56.63	10.62	5.23
% of Calories										20.3%	58.2%	24.6%	12.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/14/2021													
Elementary Lunch	Total												
Pizza 4" Round Deep Dish Tonys	1	280	30	3.00	2.80	271.0	30	6	0.0	15.0	29.0	12.0	6.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Dressing Ranch	1.5 oz Newmans	220	15	0.00	0.00	0.0	0	0	0.0	0.0	3.0	23.0	4.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		643	60	*5.17	*3.88	*581.7	*4310	*845	*12.27	24.09	51.79	37.74	11.51
% of Calories										15.0%	32.2%	52.8%	16.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 01/15/2021													
Elementary Lunch	Total												
Grilled Chicken on a Wheat Bun	1 Sandwich	230	45	2.00	2.16	60.0	0	0	0.0	23.0	27.0	3.5	0.00
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		292	30	*3.50	*1.44	*185.0	*0	*0	*3.00	17.75	35.25	9.20	1.50
% of Calories										24.3%	48.2%	28.3%	4.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 01/19/2021													
Elementary Lunch	Total												
Hot Dog on a Wheat Bun	1 Hot Dog	262	25	2.25	2.02	50.3	0	0	0.0	11.18	26.52	33.0	4.28
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		617	40	*7.25	*2.74	*360.3	*0	*0	*6.00	23.68	70.02	47.90	7.28
% of Calories										15.4%	45.4%	69.9%	10.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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<b>Wed - 01/20/2021</b>													
Elementary Lunch	Total												
Rotini	6 oz	226	5	2.00	1.80	0.6	57	17	0.0	7.02	41.0	2.87	1.18
Marinara Sauce	1/4 C	25	0	1.00	0.54	20.0	150	3	4.5	1.0	5.0	0.5	0.00
Parmesan Cheese	2 Tbs	42	7	0.00	0.09	125.3	87	17	0.0	3.79	0.34	2.73	1.74
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		648	27	*8.00	*3.15	*455.9	*294	*38	*10.50	24.31	89.84	21.00	5.92
% of Calories										15.0%	55.5%	29.2%	8.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

<b>Thu - 01/21/2021</b>													
Elementary Lunch	Total												
Cheese Quesidilla	1 Serving	330	40	1.00	1.08	400.0	60	12	0.0	16.0	22.0	19.0	11.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Tortilla Chips	1 oz	138	0	1.00	0.36	40.0	0	0	0.0	2.0	18.0	7.0	1.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		613	55	*5.00	*1.44	*730.0	*60	*12	*0.00	27.50	60.50	28.90	14.00
% of Calories										17.9%	39.5%	42.4%	20.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/22/2021													
Elementary Lunch	Total												
Wheat Bagel	1 Bagel	271	*N/A*	*N/A*	0.00	0.0	0	0	0.0	10.5	58.0	1.3	*N/A*
Cream Cheese Cup	1 oz cup	50	15	0.00	0.00	0.0	0	0	0.0	1.0	2.0	5.0	3.00
Turkey Roll-Up	2 Slices	30	13	0.00	0.18	0.0	0	0	0.0	5.0	0.5	0.75	0.25
Jelly Cup	1/2 oz	35	0	0.00	0.00	0.0	0	0	*N/A*	0.0	9.0	0.0	0.00
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		531	*43	*3.00	*0.18	*290.0	*0	*0	*0.00	26.00	90.00	9.95	*4.75
% of Calories										19.6%	67.8%	16.9%	*8.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 01/25/2021													
Elementary Lunch	Total												
Italian Sub on Wheat Roll	1 Carton	415	82	1.00	1.08	160.0	300	60	0.0	30.0	31.5	19.75	8.75
Veggies	Bag	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	0	0.36	0.09	3.4	230	17	3.51	0.26	1.11	0.06	0.01
Chips-Selection Varies	2-4 oz portio	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Sandwich	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		775	98	*6.36	*1.89	*473.4	*530	*77	*9.51	42.76	76.11	34.71	11.76
% of Calories										22.1%	39.3%	40.3%	13.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 01/26/2021													
Elementary Lunch	Total												
Meatball Sandwich 1-6	1 Sandwich	343	30	4.42	3.05	87.1	382	76	5.3	14.06	35.87	35.74	4.97
Chips-Selection Varies	1 Carton	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	Bag	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	2-4 oz portio	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50

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Weighted Daily Average % of Calories		698	45	*9.42	*3.77	*397.1	*382	*76	*11.30	26.56 15.2%	79.37 45.5%	50.64 65.3%	7.98 10.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 01/27/2021													
Elementary Lunch	Total												
Cheese Ravioli - HMS,WJHS	1 Serving	244	45	3.49	1.62	152.0	673	81	9.9	10.21	36.13	7.72	3.73
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average % of Calories		389	60	*6.49	*1.62	*442.0	*673	*81	*9.90	19.71 20.3%	56.63 58.2%	10.62 24.6%	5.23 12.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 01/28/2021													
Elementary Lunch	Total												
Pizza 4" Round Deep Dish Tonys	1	280	30	3.00	2.80	271.0	30	6	0.0	15.0	29.0	12.0	6.00
Salad	6 oz Food T ray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Dressing Ranch 1.5 oz Newmans	1.5	220	15	0.00	0.00	0.0	0	0	0.0	0.0	3.0	23.0	4.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average % of Calories		643	60	*5.17	*3.88	*581.7	*4310	*845	*12.27	24.09 15.0%	51.79 32.2%	37.74 52.8%	11.51 16.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Weighted Average		551	*51	*5.80	*2.22	*426.5	*894	*165	*7.30	24.53 17.8%	62.55 45.4%	26.17 42.8%	*7.58 *12.4%
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