

Wilmette Public Schools District 39

Jun 3, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Generated on: 5/28/2019 2:02:06 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 06/03/2019													
Elementary Lunch	Total												
Waffle - Bakersclassic	1 Waffle	165	25	1.00	1.35	10.0	0	0	0.0	4.0	26.0	5.0	1.50
Optional 2nd Waffle	1 Waffle	165	25	1.00	1.35	10.0	0	0	0.0	4.0	26.0	5.0	1.50
Syrup 1 oz	1oz portion cup	80	0	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	20.0	0.0	0.00
Turkey Sausage	2 Sausages	140	60	0.00	0.72	0.0	100	20	1.2	10.0	0.0	11.0	3.50
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		680	125	3.50	*3.78	*320.0	*2600	*430	*3.60	26.50	89.50	23.70	8.00
% of Calories										15.6%	52.6%	31.4%	10.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 06/04/2019													
Elementary Lunch	Total												
BBQ Chicken Wings	1 Serving	251	132	0.00	1.36	75.3	126	25	0.0	22.6	5.02	16.32	4.39
Mashed Potatoes - Mck-Cen	2/3 Cup	120	5	2.00	0.36	20.0	100	20	2.4	2.0	19.0	4.0	1.50
Mixed Vegetables	2/3 Cup	36	5	2.00	0.96	0.6	3057	617	20.0	0.69	4.0	1.87	1.18
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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		533	157	5.50	*2.68	*395.9	*3783	*672	*23.60	33.78	44.52	24.88	8.57
% of Calories										25.4%	33.4%	42.1%	14.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 06/05/2019													
Elementary Lunch	Total												
Bagel - 1-4	1 Bagel	210	0	1.00	2.70	0.0	0	0	0.0	6.0	39.0	3.0	0.00
Cream Cheese Cup	1 oz cup	100	30	0.00	0.36	20.0	400	80	0.0	2.0	2.0	9.0	6.00
Smoked Turkey Roll-Up	2 Slices	33	13	0.00	0.24	0.0	0	0	0.0	6.61	0.66	0.66	*N/A*
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
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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Wilmette Public Schools District 39

Jun 3, 2019 thru Jun 14, 2019

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)
Weighted Daily Average % of Calories		508	58	2.50	*3.66	*320.0	*2900	*490	*2.40	23.11 18.2%	68.16 53.7%	15.36 27.2%	*7.50 *13.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 06/06/2019													
Elementary Lunch	Total												
Pizza - Round	1 Pizza	380	25	2.00	3.60	250.0	30	6	0.0	13.0	46.0	16.0	8.00
Pepperoni - 3-4	3 - 4 Slices	28	4	0.00	0.08	0.0	0	0	0.0	1.29	0.21	2.57	1.07
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
Lite Ranch Dip Cup	1 oz	50	5	0.00	0.00	0.0	0	0	0.0	0.0	5.0	3.5	0.50
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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average % of Calories		603	49	5.00	*3.68	*550.0	*530	*16	*1.20	23.79 15.8%	71.72 47.6%	24.97 37.3%	11.07 16.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 06/07/2019													
Elementary Lunch	Total												
Italian Beef on a Wheat Roll	Roll	229	35	1.99	2.42	49.7	0	0	0.0	16.97	24.34	7.49	2.50
BBQ Sauce- Sweet Baby Rays	2 TBS	50	0	0.00	0.00	0.0	10	2	2.4	0.0	13.0	0.0	0.00
Tater Tot's	3 oz -10 pie ces	170	0	0.00	2.00	0.0	0	0	0.0	2.0	19.0	9.0	1.50
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	0.0	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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average % of Calories		604	50	5.49	*4.42	*369.7	*510	*12	*33.60	28.47 18.8%	76.84 50.9%	19.19 28.6%	5.50 8.2%
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)
Mon - 06/10/2019													
Elementary Lunch	Total												
Smoked Turkey Sand. on Wheat	Sandwich	190	20	2.00	2.52	40.0	0	0	0.0	14.0	27.0	3.0	*0.00
American Cheese Slice	1 slice	70	15	0.00	0.00	100.0	300	60	0.0	4.0	0.0	6.0	4.00
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Tuna Salad	1/2 CUP	236	35	0.40	1.15	23.3	243	33	1.09	11.73	3.5	19.97	2.23
Wheat Bread	1 Sandwich	140	0	2.00	2.16	40.0	0	0	0.0	4.0	26.0	2.0	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
Baked Chips-Selection Varies	1 Bag	130	0	2.00	0.36	20.0	0	0	2.4	2.0	26.0	2.0	0.00
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		902	85	8.26	*6.64	*526.6	*3273	*520	*9.40	44.49	101.10	35.72	*7.74
% of Calories										19.7%	44.9%	35.7%	*7.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 06/11/2019													
Elementary Lunch	Total												
Chicken Fajita's - Soft Shell	1 Shell	199	45	2.80	1.22	85.0	118	24	25.4	20.42	21.02	5.01	2.00
Peppers & Onions	1 oz	5	0	0.24	0.07	5.2	47	9	7.33	0.24	0.94	0.0	0.00
Spanish Rice - No MSG	3/4 Cup	143	0	0.75	2.72	45.3	38	8	11.32	3.77	33.19	0.38	0.00
Corn	Serving	89	3	2.00	0.00	0.3	30	9	3.6	2.01	17.0	1.97	0.62
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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		561	63	7.29	*4.00	*435.8	*733	*60	*48.84	34.93	88.66	10.06	4.12
% of Calories										24.9%	63.3%	16.1%	6.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 06/12/2019													
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
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
Green Beans	2/3 Cup	47	5	2.00	0.36	40.6	157	37	3.6	1.02	5.0	1.87	1.18
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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50

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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)
Weighted Daily Average % of Calories		614	45	8.75	*3.10	*390.8	*657	*47	*9.60	23.70 15.4%	74.02 48.2%	44.56 65.3%	7.46 10.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 06/13/2019													
Elementary Lunch	Total												
Pizza - Round	1 Pizza	380	25	2.00	3.60	250.0	30	6	0.0	13.0	46.0	16.0	8.00
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
Lite Ranch Dip Cup	1 oz	50	5	0.00	0.00	0.0	0	0	0.0	0.0	5.0	3.5	0.50
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
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average % of Calories		575	45	5.00	*3.60	*550.0	*530	*16	*1.20	22.50 15.7%	71.50 49.7%	22.40 35.1%	10.00 15.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00