

# Wilmette Public Schools District 39

Mar 2, 2020 thru Mar 31, 2020

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) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 03/02/2020                |              |             |             |           |           |            |            |            |            |           |          |           |           |
| Elementary Lunch                | Total        |             |             |           |           |            |            |            |            |           |          |           |           |
| Wheat Bread                     | 2 Slices     | 140         | 0           | 2.00      | 2.16      | 40.0       | 0          | 0          | 0.0        | 4.0       | 26.0     | 2.0       | 0.00      |
| Turkey Breast - Natural         | 4 Slices     | 60          | 25          | 0.00      | 0.36      | 0.0        | 0          | 0          | 0.0        | 10.0      | 1.0      | 1.5       | 0.50      |
| 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      |
| 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          | Bag          | 210         | 0           | 2.00      | 0.72      | 20.0       | 0          | 0          | 6.0        | 3.0       | 23.0     | 12.0      | 1.50      |
| 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          |              | 852         | 90          | 6.26      | *4.84     | *486.6     | *3273      | *520       | *13.00     | 41.49     | 72.10    | 44.23     | 9.74      |
| % of Calories                   |              |             |             |           |           |            |            |            |            | 19.5%     | 33.9%    | 46.7%     | 10.3%     |
| Nutrient Guideline              |              | 633         |             |           | 3.30      | 267.00     | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

|                          |          |     |    |      |       |        |       |       |       |       |       |        |        |
|--------------------------|----------|-----|----|------|-------|--------|-------|-------|-------|-------|-------|--------|--------|
| Tue - 03/03/2020         |          |     |    |      |       |        |       |       |       |       |       |        |        |
| Elementary Lunch         | Total    |     |    |      |       |        |       |       |       |       |       |        |        |
| Baked Herb Tilapia - HMS | 2-3 oz   | 230 | 25 | 2.00 | 1.08  | 20.0   | 0     | 0     | 3.6   | 22.0  | 15.0  | 9.0    | 2.00   |
| Bow Tie Pasta            | 6 oz     | 226 | 5  | 2.00 | 1.80  | 0.6    | 57    | 17    | 0.0   | 7.02  | 41.0  | 2.87   | 1.18   |
| 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   |
| Weighted Daily Average   |          | 629 | 50 | 7.50 | *3.24 | *361.1 | *715  | *65   | *8.40 | 38.54 | 77.50 | 16.43  | 5.86   |
| % of Calories            |          |     |    |      |       |        |       |       |       | 24.5% | 49.3% | 23.5%  | 8.4%   |
| 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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Wilmette Public Schools District 39

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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|                            | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-A<br>(RE) | Vit-C<br>(mg) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) |
|----------------------------|-----------------|----------------|----------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|
| Wed - 03/04/2020           |                 |                |                |              |              |               |               |               |               |              |             |              |              |
| Elementary Lunch           | Total           |                |                |              |              |               |               |               |               |              |             |              |              |
| Turkey Taco - 1 Soft Shell | 1 Taco          | 178            | 40             | 2.00         | 2.52         | 100.0         | 0             | 0             | 0.48          | 13.0         | 17.6        | 7.3          | 2.20         |
| Optional 2nd Taco Flour    | 1 Taco          | 178            | 40             | 2.00         | 2.52         | 100.0         | 0             | 0             | 0.48          | 13.0         | 17.6        | 7.3          | 2.20         |
| Cheddar Cheese - Shredded  | 1/8 Cup         | 55             | 15             | 0.00         | 0.00         | 100.0         | 150           | 30            | 0.0           | 3.5          | 0.0         | 4.5          | 3.00         |
| Lettuce - Shredded         | 1/4 Cup         | 3              | 0              | 0.22         | 0.07         | 3.2           | 90            | 6             | 0.5           | 0.16         | 0.53        | 0.03         | 0.00         |
| Salsa - 1TBS               | 1 TBS           | 5              | 0              | 0.00         | 0.00         | 0.0           | 50            | 10            | 0.0           | 0.0          | 1.0         | 0.0          | 0.00         |
| Corn                       | Serving         | 89             | 3              | 2.00         | 0.00         | 0.3           | 30            | 9             | 3.6           | 2.01         | 17.0        | 1.97         | 0.62         |
| Brown Rice                 | 3/4 cup         | 136            | 3              | 1.50         | 0.54         | 0.3           | 30            | 9             | 0.0           | 3.01         | 26.25       | 2.1          | 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     |                 | 768            | 115            | 9.22         | *5.65        | *603.8        | *850          | *74           | *6.26         | 43.18        | 96.49       | 25.90        | 10.14        |
| % of Calories              |                 |                |                |              |              |               |               |               |               | 22.5%        | 50.2%       | 30.3%        | 11.9%        |
| Nutrient Guideline         |                 | 633            |                |              | 3.30         | 267.00        | 1000          |               | 15.00         | 9.00         |             | <=30.0       | <10.00       |

|                        |               |     |    |      |       |        |       |       |       |       |       |        |        |
|------------------------|---------------|-----|----|------|-------|--------|-------|-------|-------|-------|-------|--------|--------|
| Thu - 03/05/2020       |               |     |    |      |       |        |       |       |       |       |       |        |        |
| 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   |
| Sausage for Pizza      | 1/2 oz portio | 100 | 20 | 0.00 | 0.18  | 20.0   | 0     | 0     | 0.0   | 3.5   | 0.5   | 9.0    | 3.00   |
| 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   |
| Ken's Ranch Dressing   | 2 tbsp        | 130 | 10 | 0.00 | 0.00  | 0.0    | 0     | 0     | 0.0   | 1.0   | 3.0   | 13.0   | 2.00   |
| 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 |               | 755 | 70 | 5.00 | *3.78 | *570.0 | *530  | *16   | *1.20 | 27.00 | 70.00 | 40.90  | 14.50  |
| % of Calories          |               |     |    |      |       |        |       |       |       | 14.3% | 37.1% | 48.8%  | 17.3%  |
| Nutrient Guideline     |               | 633 |    |      | 3.30  | 267.00 | 1000  |       | 15.00 | 9.00  |       | <=30.0 | <10.00 |

|                            |          |     |    |      |       |       |       |       |       |       |       |      |       |
|----------------------------|----------|-----|----|------|-------|-------|-------|-------|-------|-------|-------|------|-------|
| Fri - 03/06/2020           |          |     |    |      |       |       |       |       |       |       |       |      |       |
| 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 |
| Pretzels - Snyders 100 cal | 1 - bag  | 100 | 0  | 1.00 | 1.08  | 0.0   | 0     | 0     | 0.0   | 2.0   | 22.0  | 0.0  | 0.00  |
| Tomato Soup                | 1 Cup    | 141 | 6  | 2.00 | 0.40  | 152.5 | 639   | 152   | 4.8   | 6.11  | 25.08 | 2.18 | 1.27  |
| 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  |

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# Wilmette Public Schools District 39

Mar 2, 2020 thru Mar 31, 2020

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 |              | 702         | 66          | 6.50      | *4.00     | *694.2     | *3915      | *735       | *7.20      | 28.67<br>16.3% | 90.59<br>51.6% | 24.58<br>31.5% | 14.38<br>18.4% |
| Nutrient Guideline                   |              | 633         |             |           | 3.30      | 267.00     | 1000       |            | 15.00      | 9.00           |                | <=30.0         | <10.00         |

|                                      |            |     |    |      |       |        |       |       |        |                |                |                |              |
|--------------------------------------|------------|-----|----|------|-------|--------|-------|-------|--------|----------------|----------------|----------------|--------------|
| Mon - 03/09/2020                     |            |     |    |      |       |        |       |       |        |                |                |                |              |
| Elementary Lunch                     | Total      |     |    |      |       |        |       |       |        |                |                |                |              |
| Grilled Chicken on a Wheat Bun       | 1 Sandwich | 260 | 60 | 2.00 | 2.16  | 80.0   | 10    | 2     | 0.0    | 28.0           | 27.0           | 5.0            | 0.05         |
| 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         |
| 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               | Bag        | 210 | 0  | 2.00 | 0.72  | 20.0   | 0     | 0     | 6.0    | 3.0            | 23.0           | 12.0           | 1.50         |
| Roasted Calif, Broc & Parmesan       | 1 Cup      | 96  | 8  | 2.14 | 0.56  | 123.8  | 321   | 77    | 66.85  | 5.24           | 5.92           | 5.91           | 2.02         |
| 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 |            | 747 | 83 | 8.00 | *3.53 | *527.1 | *1071 | *108  | *79.96 | 45.00<br>24.1% | 86.53<br>46.4% | 25.67<br>30.9% | 5.07<br>6.1% |
| Nutrient Guideline                   |            | 633 |    |      | 3.30  | 267.00 | 1000  |       | 15.00  | 9.00           |                | <=30.0         | <10.00       |

|                                      |               |     |       |       |       |        |       |       |       |                |                |                |                |
|--------------------------------------|---------------|-----|-------|-------|-------|--------|-------|-------|-------|----------------|----------------|----------------|----------------|
| Tue - 03/10/2020                     |               |     |       |       |       |        |       |       |       |                |                |                |                |
| 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           |
| Ken's Ranch Dressing                 | 2 tbsp        | 130 | 10    | 0.00  | 0.00  | 0.0    | 0     | 0     | 0.0   | 1.0            | 3.0            | 13.0           | 2.00           |
| 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 |               | 661 | *53   | *3.00 | *0.18 | *300.0 | *500  | *10   | *1.20 | 27.00<br>16.3% | 93.00<br>56.3% | 22.95<br>31.2% | *6.75<br>*9.2% |
| Nutrient Guideline                   |               | 633 |       |       | 3.30  | 267.00 | 1000  |       | 15.00 | 9.00           |                | <=30.0         | <10.00         |

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

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# Wilmette Public Schools District 39

Mar 2, 2020 thru Mar 31, 2020

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) |
|------------------------|-----------------|-------------|-------------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 03/11/2020       |                 |             |             |           |           |            |            |            |            |           |          |           |           |
| Elementary Lunch       | Total           |             |             |           |           |            |            |            |            |           |          |           |           |
| Baked Potato           | 1 Potato        | 110         | 0           | 4.00      | 1.44      | 0.0        | 0          | 0          | 30.0       | 4.0       | 23.0     | 0.0       | 0.00      |
| or                     | 1 or            | 0           | 0           | 0.00      | 0.00      | 0.0        | 0          | 0          | 0.0        | 0.0       | 0.0      | 0.0       | 0.00      |
| Sweet Potato           | 1 Potato        | 116         | 0           | 3.86      | 0.69      | 38.6       | 26024      | 5205       | 23.13      | 0.0       | 38.55    | 0.0       | 0.00      |
| Broccoli               | 1/8 Cup         | 4           | 0           | 0.29      | 0.08      | 5.2        | 69         | 17         | 9.81       | 0.31      | 0.73     | 0.04      | 0.00      |
| Chicken Chunks         | 1 oz pieces     | 37          | 17          | 0.00      | 0.90      | 0.0        | 0          | 0          | 0.0        | 7.0       | 0.0      | 1.0       | 0.33      |
| Bacon                  | 1 piece crumble | 45          | 10          | 0.00      | 0.00      | 0.0        | 0          | 0          | 0.0        | 3.0       | 0.0      | 3.5       | 1.25      |
| Cheese Sauce           | .25 Cup         | 60          | 5           | 0.00      | 0.00      | 20.0       | 100        | 20         | 0.0        | 1.0       | 4.0      | 4.0       | 0.50      |
| 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      |
| 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 |                 | 514         | 47          | 10.31     | *4.19     | *384.4     | *30972     | *6091      | *76.41     | 24.39     | 86.07    | 11.28     | 3.59      |
| % of Calories          |                 |             |             |           |           |            |            |            |            | 19.0%     | 67.0%    | 19.7%     | 6.3%      |
| Nutrient Guideline     |                 | 633         |             |           | 3.30      | 267.00     | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

|                        |               |     |    |      |       |        |       |       |       |       |       |        |        |
|------------------------|---------------|-----|----|------|-------|--------|-------|-------|-------|-------|-------|--------|--------|
| Thu - 03/12/2020       |               |     |    |      |       |        |       |       |       |       |       |        |        |
| 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   |
| Ken's Ranch Dressing   | 2 tbsp        | 130 | 10 | 0.00 | 0.00  | 0.0    | 0     | 0     | 0.0   | 1.0   | 3.0   | 13.0   | 2.00   |
| 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 |               | 655 | 50 | 5.00 | *3.60 | *550.0 | *530  | *16   | *1.20 | 23.50 | 69.50 | 31.90  | 11.50  |
| % of Calories          |               |     |    |      |       |        |       |       |       | 14.4% | 42.4% | 43.8%  | 15.8%  |
| Nutrient Guideline     |               | 633 |    |      | 3.30  | 267.00 | 1000  |       | 15.00 | 9.00  |       | <=30.0 | <10.00 |

|                       |           |     |    |      |       |       |       |       |       |      |       |      |       |
|-----------------------|-----------|-----|----|------|-------|-------|-------|-------|-------|------|-------|------|-------|
| Fri - 03/13/2020      |           |     |    |      |       |       |       |       |       |      |       |      |       |
| 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 |
| 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  |

\*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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# Wilmette Public Schools District 39

Mar 2, 2020 thru Mar 31, 2020

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 |              | 687         | 58          | 5.25      | *3.80     | *745.5     | *628       | *39        | *16.12     | 30.28<br>17.6% | 88.69<br>51.6% | 24.05<br>31.5% | 13.62<br>17.8% |
| Nutrient Guideline                   |              | 633         |             |           | 3.30      | 267.00     | 1000       |            | 15.00      | 9.00           |                | <=30.0         | <10.00         |

|                                      |           |     |     |      |       |        |       |       |        |                |                |                |               |
|--------------------------------------|-----------|-----|-----|------|-------|--------|-------|-------|--------|----------------|----------------|----------------|---------------|
| Mon - 03/16/2020                     |           |     |     |      |       |        |       |       |        |                |                |                |               |
| 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          |
| 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 |           | 526 | 152 | 5.50 | *1.72 | *415.3 | *726  | *55   | *33.60 | 34.10<br>25.9% | 44.52<br>33.9% | 23.02<br>39.4% | 7.39<br>12.6% |
| Nutrient Guideline                   |           | 633 |     |      | 3.30  | 267.00 | 1000  |       | 15.00  | 9.00           |                | <=30.0         | <10.00        |

|                                      |            |     |    |      |       |        |       |       |        |                |                |                |               |
|--------------------------------------|------------|-----|----|------|-------|--------|-------|-------|--------|----------------|----------------|----------------|---------------|
| Tue - 03/17/2020                     |            |     |    |      |       |        |       |       |        |                |                |                |               |
| Elementary Lunch                     | Total      |     |    |      |       |        |       |       |        |                |                |                |               |
| BBQ Pulled Pork Sandwich             | 1 Sandwich | 334 | 50 | 2.00 | 2.06  | 50.0   | 10    | 2     | 2.4    | 18.52          | 40.0           | 11.57          | 3.97          |
| Chips-Selection Varies               | Bag        | 210 | 0  | 2.00 | 0.72  | 20.0   | 0     | 0     | 6.0    | 3.0            | 23.0           | 12.0           | 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 % of Calories |            | 705 | 70 | 7.50 | *3.74 | *370.6 | *3567 | *629  | *29.60 | 30.71<br>17.4% | 83.50<br>47.3% | 28.13<br>35.9% | 8.15<br>10.4% |
| 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

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

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# Wilmette Public Schools District 39

Mar 2, 2020 thru Mar 31, 2020

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) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 03/18/2020               |                 |             |             |           |           |            |            |            |            |           |          |           |           |
| Elementary Lunch               | Total           |             |             |           |           |            |            |            |            |           |          |           |           |
| Salad Bar                      | 2-3 Cups        | 150         | 56          | 5.94      | 2.39      | 119.0      | 7766       | 1085       | 78.49      | 7.17      | 26.48    | 2.0       | 0.50      |
| Bacon                          | 1 piece crumble | 45          | 10          | 0.00      | 0.00      | 0.0        | 0          | 0          | 0.0        | 3.0       | 0.0      | 3.5       | 1.25      |
| Chicken Chunks                 | 2 oz pieces     | 73          | 33          | 0.00      | 1.80      | 0.0        | 0          | 0          | 0.0        | 14.0      | 0.0      | 2.0       | 0.67      |
| Rotini - Salad Bar             | 1/4 Cup         | 26          | 0           | 0.25      | 0.23      | 0.0        | 0          | 0          | 0.0        | 0.88      | 5.13     | 0.13      | 0.00      |
| Soup-Selection Varies/Ch.Noodl | 1 CUP           | 60          | 10          | 1.00      | 0.35      | 300.0      | 400        | 80         | 0.0        | 3.0       | 6.99     | 1.99      | 1.00      |
| Garlic Toast                   | 1 Slice         | 140         | 0           | 0.00      | 1.08      | 0.0        | 100        | 20         | 0.0        | 2.0       | 14.0     | 8.0       | 2.00      |
| 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         |                 | 310         | 62          | 4.34      | *2.92     | *359.5     | *4383      | *598       | *39.84     | 19.27     | 34.55    | 10.16     | 3.45      |
| % of Calories                  |                 |             |             |           |           |            |            |            |            | 24.9%     | 44.6%    | 29.5%     | 10.0%     |
| Nutrient Guideline             |                 | 633         |             |           | 3.30      | 267.00     | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

|                        |                |     |     |       |       |        |       |       |        |       |       |        |        |
|------------------------|----------------|-----|-----|-------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| Thu - 03/19/2020       |                |     |     |       |       |        |       |       |        |       |       |        |        |
| Elementary Lunch       | Total          |     |     |       |       |        |       |       |        |       |       |        |        |
| Wheat Pizza Bagel      | 1 Bagel        | 271 | *20 | *2.00 | 0.36  | 264.3  | 132   | 26    | 2.4    | 15.5  | 36.32 | 8.58   | *4.63  |
| Danimals Smoothie      | Bottle         | 50  | 4   | 0.00  | 0.00  | 100.0  | 0     | 0     | 0.0    | 2.0   | 11.0  | 0.0    | 0.00   |
| 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   |
| 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 |                | 464 | *39 | *4.17 | *1.44 | *685.0 | *4912 | *876  | *15.87 | 26.58 | 67.11 | 11.32  | *6.13  |
| % of Calories          |                |     |     |       |       |        |       |       |        | 22.9% | 57.8% | 21.9%  | *11.9% |
| Nutrient Guideline     |                | 633 |     |       | 3.30  | 267.00 | 1000  |       | 15.00  | 9.00  |       | <=30.0 | <10.00 |

|                                |               |     |    |      |       |       |       |       |       |      |      |      |      |
|--------------------------------|---------------|-----|----|------|-------|-------|-------|-------|-------|------|------|------|------|
| Fri - 03/20/2020               |               |     |    |      |       |       |       |       |       |      |      |      |      |
| Elementary Lunch               | Total         |     |    |      |       |       |       |       |       |      |      |      |      |
| Macaroni and Cheese - Stoufers | 1 Cup         | 370 | 25 | 2.00 | 0.00  | 0.0   | 0     | 0     | 0.0   | 16.0 | 39.0 | 17.0 | 7.00 |
| Broccoli                       | Serving       | 30  | 0  | 2.00 | 0.00  | 20.0  | 0     | 0     | 30.0  | 1.0  | 4.0  | 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 |
| Ken's Ranch Dressing           | 2 tbsp        | 130 | 10 | 0.00 | 0.00  | 0.0   | 0     | 0     | 0.0   | 1.0  | 3.0  | 13.0 | 2.00 |
| 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 |

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

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# Wilmette Public Schools District 39

Mar 2, 2020 thru Mar 31, 2020

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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average |              | 675         | 50          | 7.00      | *0.00     | *320.0    | *500       | *10        | *31.20     | 27.50     | 66.50    | 32.90     | 10.50     |
| % of Calories          |              |             |             |           |           |           |            |            |            | 16.3%     | 39.4%    | 43.9%     | 14.0%     |
| Nutrient Guideline     |              | 633         |             |           | 3.30      | 267.00    | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

|                        |           |     |    |      |       |        |       |       |        |       |        |        |        |
|------------------------|-----------|-----|----|------|-------|--------|-------|-------|--------|-------|--------|--------|--------|
| Mon - 03/30/2020       |           |     |    |      |       |        |       |       |        |       |        |        |        |
| 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   |
| Meatballs 1/2 oz       | 1 Serving | 158 | 30 | 0.66 | 1.19  | 26.4   | 7     | 1     | 0.79   | 7.25  | 3.29   | 12.52  | 4.61   |
| Marinara Sauce 1/2 C   | 1/2 Cup   | 50  | 0  | 2.00 | 1.08  | 40.0   | 300   | 6     | 9.0    | 2.0   | 10.0   | 1.0    | 0.00   |
| 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   |
| Breadstick             | 1 Stick   | 120 | 0  | 1.00 | 1.80  | 0.0    | 0     | 0     | 0.0    | 5.0   | 25.0   | 0.5    | 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 |           | 727 | 55 | 9.16 | *6.23 | *407.5 | *1022 | *72   | *14.59 | 30.79 | 100.80 | 21.45  | 8.47   |
| % of Calories          |           |     |    |      |       |        |       |       |        | 16.9% | 55.5%  | 26.5%  | 10.5%  |
| Nutrient Guideline     |           | 633 |    |      | 3.30  | 267.00 | 1000  |       | 15.00  | 9.00  |        | <=30.0 | <10.00 |

|                           |               |     |    |      |       |        |       |       |        |       |       |        |        |
|---------------------------|---------------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| Tue - 03/31/2020          |               |     |    |      |       |        |       |       |        |       |       |        |        |
| Elementary Lunch          | Total         |     |    |      |       |        |       |       |        |       |       |        |        |
| BLT Sandwich on Wheat Bun | Sandwich      | 224 | 15 | 2.30 | 2.59  | 62.9   | 192   | 14    | 2.88   | 10.22 | 27.93 | 9.55   | 2.01   |
| 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   |
| Ken's Ranch Dressing      | 2 tbsp        | 130 | 10 | 0.00 | 0.00  | 0.0    | 0     | 0     | 0.0    | 1.0   | 3.0   | 13.0   | 2.00   |
| 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    |               | 709 | 40 | 7.30 | *3.31 | *382.9 | *692  | *24   | *10.08 | 23.72 | 74.43 | 37.45  | 7.01   |
| % of Calories             |               |     |    |      |       |        |       |       |        | 13.4% | 42.0% | 47.5%  | 8.9%   |
| Nutrient Guideline        |               | 633 |    |      | 3.30  | 267.00 | 1000  |       | 15.00  | 9.00  |       | <=30.0 | <10.00 |