

Wilmette Public Schools District 39

Jan 3, 2017 thru Jan 31, 2017

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)
Tue - 01/03/2017													
Elementary Lunch	Total												
Baked Herb Tilapia 1-4	3-4 oz	115	13	1.00	0.54	10.0	0	0	1.8	11.0	7.5	4.5	1.00
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
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		503	37	6.50	*3.30	*311.1	*3615	*645	*23.00	27.21	69.00	11.93	4.86
% of Calories										21.6%	54.9%	21.3%	8.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 01/04/2017													
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
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		495	60	6.50	*1.44	*360.0	*600	*30	*34.80	29.50	56.50	15.70	4.50
% of Calories										23.8%	45.7%	28.5%	8.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 01/05/2017													
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		575	45	5.00	*3.60	*550.0	*530	*16	*1.20	22.50	71.50	22.40	10.00
% of Calories										15.7%	49.7%	35.1%	15.7%
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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Wilmette Public Schools District 39

Jan 3, 2017 thru Jan 31, 2017

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)
Fri - 01/06/2017													
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	3 Slices	45	20	*N/A*	0.00	0.0	0	0	0.0	8.0	2.0	0.5	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
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	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	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		752	85	*6.26	*3.76	*486.6	*1273	*120	*8.20	38.49	75.10	33.23	7.74
% of Calories										20.5%	40.0%	39.8%	9.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 01/09/2017													
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
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
Weighted Daily Average		695	50	10.92	*4.13	*427.6	*1039	*124	*14.90	26.58	83.37	47.31	8.15
% of Calories										15.3%	48.0%	61.2%	10.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 01/10/2017													
Elementary Lunch	Total												
Tortilla Chips	1 oz	138	0	1.00	0.36	40.0	0	0	0.0	2.0	18.0	7.0	1.00
Turkey Taco Meat	2 oz serving	88	40	0.00	1.44	40.0	0	0	0.48	10.0	1.6	4.8	1.20
Cheese Sauce	.25 Cup	60	5	0.00	0.00	20.0	100	20	0.0	1.0	4.0	4.0	0.50
Salsa - 1TBS	1 TBS	5	0	0.00	0.00	0.0	50	10	0.0	0.0	1.0	0.0	0.00
Carrots	1 bag	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt	4 oz cup	100	5	0.00	0.00	100.0	500	100	0.0	3.0	20.0	0.5	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

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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		516	65	2.50	*1.80	*500.0	*1150	*140	*1.68	24.50 19.0%	61.10 47.4%	19.00 33.1%	4.70 8.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 01/11/2017													
Elementary Lunch	Total												
Pork Eggroll	1 Roll	180	15	2.00	1.80	20.0	500	100	9.0	7.0	18.0	9.0	2.00
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Vegetable Eggroll	Roll	140	5	2.00	1.08	20.0	125	25	12.0	4.0	22.0	4.5	0.00
Vegetable Brown Rice	Serving	214	0	2.74	0.81	5.0	641	128	1.49	4.74	37.63	5.0	0.50
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
Fortune Cookie	1 .4 oz Cook	43	0	0.00	0.14	0.0	0	0	0.0	0.4	9.6	0.4	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		739	40	10.25	*4.79	*345.5	*4823	*880	*43.69	25.33 13.7%	107.73 58.3%	23.46 28.6%	5.18 6.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 01/12/2017													
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

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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 - 01/13/2017													
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
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
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		600	75	7.86	*2.61	*423.4	*750	*31	*39.51	39.76	87.61	9.75	1.56
% of Calories										26.5%	58.4%	14.6%	2.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 01/17/2017													
Elementary Lunch	Total												
Waffle - Bakersclassic	1 Serving	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	80	0	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	20.0	0.0	0.00
	cup												
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	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	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		675	125	3.50	*3.42	*320.0	*600	*30	*2.40	26.50	88.50	23.70	8.00
% of Calories										15.7%	52.4%	31.6%	10.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Wed - 01/18/2017													
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
Yogurt	4 oz cup	100	5	0.00	0.00	100.0	500	100	0.0	3.0	20.0	0.5	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		596	52	9.64	*3.11	*463.7	*27193	*5352	*64.14	26.81	102.78	11.74	4.09
% of Calories										18.0%	69.0%	17.7%	6.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 01/19/2017													
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		575	45	5.00	*3.60	*550.0	*530	*16	*1.20	22.50	71.50	22.40	10.00
% of Calories										15.7%	49.7%	35.1%	15.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 01/20/2017													
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	1 bag	111	0	1.01	1.46	0.0	0	0	0.0	2.03	23.29	1.01	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	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	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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Weighted Daily Average % of Calories		708	66	6.51	*4.02	*694.2	*1915	*335	*6.00	28.69 16.2%	90.88 51.3%	25.59 32.5%	14.38 18.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 01/23/2017													
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
Corn	2/3 cup	109	3	1.00	0.00	0.3	30	9	6.0	3.01	21.0	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 % of Calories		676	43	7.75	*2.74	*350.5	*530	*19	*12.00	25.69 15.2%	90.02 53.3%	44.67 59.5%	6.90 9.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 01/24/2017													
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
Turkey Roll-Up	2 Slices	30	13	*N/A*	0.00	0.0	0	0	0.0	5.32	1.33	0.33	0.00
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	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Old Fashion Chicken Noodle	8 oz	78	20	1.00	0.72	20.0	1250	250	1.2	6.0	12.0	1.5	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 % of Calories		578	78	*3.50	*3.78	*340.0	*2150	*340	*2.40	27.82 19.3%	79.83 55.3%	16.53 25.7%	7.50 11.7%
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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Wilmette Public Schools District 39

Jan 3, 2017 thru Jan 31, 2017

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 - 01/25/2017													
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
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Yogurt	4 oz cup	100	5	0.00	0.00	100.0	500	100	0.0	3.0	20.0	0.5	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		659	120	7.69	*5.49	*519.0	*8866	*1215	*79.69	38.54	82.10	18.82	6.41
% of Calories										23.4%	49.8%	25.7%	8.8%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 01/26/2017													
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
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		623	60	4.17	*4.86	*590.7	*4810	*855	*13.47	25.58	66.29	27.74	12.51
% of Calories										16.4%	42.6%	40.1%	18.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 01/30/2017													
Elementary Lunch	Total												
Cheese Tortellini	8 oz Portion	296	55	5.00	1.80	100.6	77	21	1.2	11.02	42.0	8.87	4.18
Spaghetti Sauce Sysco - 1/4 C	1/4 C	40	0	1.50	0.54	10.0	375	75	4.5	1.5	7.0	0.0	0.00
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
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

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Wilmette Public Schools District 39

Jan 3, 2017 thru Jan 31, 2017

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		638	75	10.00	*4.38	*411.1	*4110	*744	*26.90	23.71 14.9%	83.50 52.4%	21.43 30.2%	8.86 12.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 01/31/2017													
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
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
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 % of Calories		582	55	7.49	*3.14	*410.2	*667	*49	*9.60	28.49 19.6%	84.84 58.3%	14.05 21.7%	5.18 8.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00