

Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 2018

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 - 10/01/2018													
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
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		684	50	10.92	*4.73	*387.6	*3939	*704	*31.30	26.24	82.37	47.31	8.15
% of Calories										15.3%	48.1%	62.2%	10.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 10/02/2018													
Elementary Lunch	Total												
Mini Turkey Corn Dogs	5 Corn Dogs	240	35	0.00	1.80	100.0	0	0	0.0	8.0	21.0	14.0	3.00
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
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		525	50	5.50	*2.16	*440.0	*500	*10	*33.60	19.50	67.50	18.70	4.50
% of Calories										14.9%	51.4%	32.1%	7.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 10/03/2018													
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
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
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
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		671	43	9.00	*3.93	*380.8	*1312	*181	*25.80	23.93	97.35	20.56	5.30
% of Calories										14.3%	58.0%	27.6%	7.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Thu - 10/04/2018													
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 - 10/05/2018													
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	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		713	66	6.51	*4.38	*694.2	*3915	*735	*7.20	28.69	91.88	25.59	14.38
% of Calories										16.1%	51.5%	32.3%	18.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 10/09/2018													
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 cru mble	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
YoKids Yogurt	4 oz	100	15	0.00	0.00	150.0	20	4	0.0	4.0	12.0	3.5	2.50
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)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		596	62	9.64	*3.11	*513.7	*26713	*5256	*64.14	27.81	94.78	14.74	6.09
% of Calories										18.7%	63.6%	22.3%	9.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 10/10/2018													
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
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		508	65	7.29	*4.96	*436.0	*3761	*668	*65.24	33.61	75.66	9.95	4.68
% of Calories										26.4%	59.5%	17.6%	8.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 10/11/2018													
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		603	49	5.00	*3.68	*550.0	*530	*16	*1.20	23.79	71.72	24.97	11.07
% of Calories										15.8%	47.6%	37.3%	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)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/12/2018													
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
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
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
French Bread	1 Slice	80	0	0.00	1.08	20.0	0	0	0.0	4.0	15.0	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		556	70	8.50	*4.32	*460.6	*2877	*437	*12.60	25.52	84.50	12.56	5.68
% of Calories										18.3%	60.7%	20.3%	9.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 10/15/2018													
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

Tue - 10/16/2018													
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	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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	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 % of Calories		757	85	*6.26	*4.12	*486.6	*3273	*520	*9.40	38.49 20.3%	76.10 40.2%	33.23 39.5%	7.74 9.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 10/17/2018													
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
Whole Wheat Roll	1 Roll	80	0	2.00	0.72	40.0	0	0	0.0	5.0	14.0	1.0	0.00
YoKids Yogurt	4 oz	100	15	0.00	0.00	150.0	20	4	0.0	4.0	12.0	3.5	2.50
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		599	130	9.69	*5.13	*609.0	*8286	*1099	*79.69	42.54 28.4%	74.10 49.5%	14.82 22.3%	6.41 9.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 10/18/2018													
Elementary Lunch	Total												
Bosco Sticks	2 Sticks	460	30	4.00	3.60	400.0	40	8	0.0	24.0	56.0	14.0	7.00
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
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 % of Calories		628	45	7.17	*5.22	*740.7	*4970	*860	*17.97	34.08 21.7%	80.79 51.4%	17.24 24.7%	8.51 12.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Fri - 10/19/2018													
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 Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
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
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		654	55	7.99	*3.14	*349.7	*510	*12	*8.40	29.47	88.84	20.89	5.00
% of Calories										18.0%	54.3%	28.7%	6.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 10/22/2018													
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	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		505	58	*2.50	*3.42	*320.0	*2900	*490	*2.40	21.82	68.83	15.03	7.50
% of Calories										17.3%	54.5%	26.8%	13.4%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 10/23/2018													
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
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

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Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	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		486	65	4.00	*1.80	*400.0	*650	*40	*1.68	22.50	50.10	22.20	4.70
% of Calories										18.5%	41.2%	41.1%	8.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 10/24/2018													
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
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
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		678	68	7.50	*2.42	*370.3	*540	*21	*9.60	31.03	99.50	18.24	6.09
% of Calories										18.3%	58.7%	24.2%	8.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 10/25/2018													
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
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		675	65	5.00	*3.78	*570.0	*530	*16	*1.20	26.00	72.00	31.40	13.00
% of Calories										15.4%	42.7%	41.9%	17.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	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)
Fri - 10/26/2018													
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
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
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		770	55	7.66	*5.15	*366.9	*964	*55	*10.99	27.77	93.80	30.78	9.79
% of Calories										14.4%	48.8%	36.0%	11.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 10/29/2018													
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
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		585	154	5.50	*1.72	*395.6	*756	*64	*7.20	35.11	57.52	24.99	8.01
% of Calories										24.0%	39.4%	38.5%	12.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 10/30/2018													
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
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		603	45	8.75	*3.70	*350.8	*3557	*627	*26.00	23.36	73.02	44.56	7.46
% of Calories										15.5%	48.4%	66.5%	11.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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