

# Wilmette Public Schools District 39

Sep 6, 2017 thru Sep 29, 2017

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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/06/2017       |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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 on the Cob        | 1 Petite Cob | 90          | 0           | 1.00      | 0.00      | 0.0       | 0          | 0          | 3.6        | 3.0       | 19.0     | 1.0       | 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 |              | 657         | 40          | 7.75      | *2.74     | *350.3    | *500       | *10        | *9.60      | 25.68     | 88.02    | 43.70     | 6.28      |
| % of Calories          |              |             |             |           |           |           |            |            |            | 15.6%     | 53.6%    | 59.9%     | 8.6%      |
| Nutrient Guideline     |              | 633         |             |           | 3.30      | 267.00    | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

|                        | 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) |
|------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 09/07/2017       |               |             |             |           |           |           |            |            |            |           |          |           |           |
| 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    |

|                                 | 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 - 09/08/2017                |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |

\*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

Sep 6, 2017 thru Sep 29, 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 |              | 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 - 09/11/2017       |            |     |    |       |       |        |       |       |        |       |       |        |        |
|------------------------|------------|-----|----|-------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| 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 - 09/12/2017           |          |     |     |      |       |        |       |       |        |       |       |        |        |
|----------------------------|----------|-----|-----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| Elementary Lunch           | Total    |     |     |      |       |        |       |       |        |       |       |        |        |
| Chicken Pasta Caesar Salad | 8 oz     | 268 | 41  | 1.43 | 3.89  | 147.1  | 1268  | 218   | 13.02  | 23.37 | 24.68 | 7.98   | 2.48   |
| Caesar Dressing            | 2 TBS    | 160 | 400 | 0.00 | 0.00  | 0.0    | 0     | 0     | 0.0    | 0.0   | 1.0   | 17.0   | 3.00   |
| or                         | 1 or     | 0   | 0   | 0.00 | 0.00  | 0.0    | 0     | 0     | 0.0    | 0.0   | 0.0   | 0.0    | 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   |
| 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   |
| 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     |          | 783 | 466 | 4.94 | *4.61 | *587.1 | *2268 | *328  | *14.22 | 39.87 | 81.18 | 32.68  | 7.98   |
| % of Calories              |          |     |     |      |       |        |       |       |        | 20.4% | 41.5% | 37.6%  | 9.2%   |
| Nutrient Guideline         |          | 633 |     |      | 3.30  | 267.00 | 1000  |       | 15.00  | 9.00  |       | <=30.0 | <10.00 |

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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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/13/2017       |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |
| Weighted Daily Average |              | 687         | 58          | 5.25      | *3.80     | *745.5    | *628       | *39        | *16.12     | 30.28     | 88.69    | 24.05     | 13.62     |
| % of Calories          |              |             |             |           |           |           |            |            |            | 17.6%     | 51.6%    | 31.5%     | 17.8%     |
| Nutrient Guideline     |              | 633         |             |           | 3.30      | 267.00    | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

|                        | 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) |
|------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 09/14/2017       |               |             |             |           |           |           |            |            |            |           |          |           |           |
| 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 |               | 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    |

|                        | 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 - 09/15/2017       |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |
| 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 |              | 500         | 58          | *2.50     | *3.06     | *320.0    | *900       | *90        | *1.20      | 21.82     | 67.83    | 15.03     | 7.50      |
| % of Calories          |              |             |             |           |           |           |            |            |            | 17.5%     | 54.3%    | 27.1%     | 13.5%     |
| Nutrient Guideline     |              | 633         |             |           | 3.30      | 267.00    | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

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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) |
|------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| <b>Mon - 09/18/2017</b>      |               |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |
| 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      |
| 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       |               | 549         | 35          | 7.30      | *2.95     | *382.9    | *692       | *24        | *6.48      | 21.72     | 79.43    | 17.95     | 4.01      |
| % of Calories                |               |             |             |           |           |           |            |            |            | 15.8%     | 57.8%    | 29.4%     | 6.6%      |
| Nutrient Guideline           |               | 633         |             |           | 3.30      | 267.00    | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

|                            |          |     |     |      |       |        |       |       |       |       |        |        |        |
|----------------------------|----------|-----|-----|------|-------|--------|-------|-------|-------|-------|--------|--------|--------|
| <b>Tue - 09/19/2017</b>    |          |     |     |      |       |        |       |       |       |       |        |        |        |
| 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                       | 2/3 cup  | 109 | 3   | 1.00 | 0.00  | 0.3    | 30    | 9     | 6.0   | 3.01  | 21.0   | 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     |          | 788 | 115 | 8.22 | *5.65 | *603.8 | *850  | *74   | *8.66 | 44.18 | 100.49 | 25.90  | 10.14  |
| % of Calories              |          |     |     |      |       |        |       |       |       | 22.4% | 51.0%  | 29.6%  | 11.6%  |
| Nutrient Guideline         |          | 633 |     |      | 3.30  | 267.00 | 1000  |       | 15.00 | 9.00  |        | <=30.0 | <10.00 |

|                         |              |     |    |      |       |       |       |       |       |       |      |      |      |
|-------------------------|--------------|-----|----|------|-------|-------|-------|-------|-------|-------|------|------|------|
| <b>Wed - 09/20/2017</b> |              |     |    |      |       |       |       |       |       |       |      |      |      |
| 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 |
| 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 |
| 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 |

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**Wilmette Public Schools District 39**

**Sep 6, 2017 thru Sep 29, 2017**

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 |              | 588         | 75          | 10.50     | *4.92     | *461.1     | *3935      | *655       | *31.40     | 26.20     | 87.50    | 14.43     | 6.86      |
| % of Calories          |              |             |             |           |           |            |            |            |            | 17.8%     | 59.5%    | 22.1%     | 10.5%     |
| Nutrient Guideline     |              | 633         |             |           | 3.30      | 267.00     | 1000       |            | 15.00      | 9.00      |          | <=30.0    | <10.00    |

| Mon - 09/25/2017             |           |     |    |      |       |        |       |       |        |       |       |        |        |
|------------------------------|-----------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| 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 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       |           | 621 | 55 | 8.49 | *4.10 | *350.2 | *3567 | *629  | *28.40 | 29.15 | 83.84 | 19.06  | 5.68   |
| % of Calories                |           |     |    |      |       |        |       |       |        | 18.8% | 54.0% | 27.6%  | 8.2%   |
| Nutrient Guideline           |           | 633 |    |      | 3.30  | 267.00 | 1000  |       | 15.00  | 9.00  |       | <=30.0 | <10.00 |

| Tue - 09/26/2017       |                 |     |     |      |       |        |       |       |       |       |       |        |        |
|------------------------|-----------------|-----|-----|------|-------|--------|-------|-------|-------|-------|-------|--------|--------|
| 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 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           | 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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# Wilmette Public Schools District 39

Sep 6, 2017 thru Sep 29, 2017

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) |
|------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/27/2017       |                 |             |             |           |           |           |            |            |            |           |          |           |           |
| 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 - 09/28/2017       |                |     |    |      |       |        |       |       |        |       |       |        |        |
| 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   |
| 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 |                | 523 | 40 | 4.17 | *4.68 | *570.7 | *4810 | *855  | *13.47 | 22.08 | 65.79 | 18.74  | 9.51   |
| % of Calories          |                |     |    |      |       |        |       |       |        | 16.9% | 50.3% | 32.2%  | 16.4%  |
| Nutrient Guideline     |                | 633 |    |      | 3.30  | 267.00 | 1000  |       | 15.00  | 9.00  |       | <=30.0 | <10.00 |

|                           |              |     |     |      |       |        |       |       |       |       |       |        |        |
|---------------------------|--------------|-----|-----|------|-------|--------|-------|-------|-------|-------|-------|--------|--------|
| Fri - 09/29/2017          |              |     |     |      |       |        |       |       |       |       |       |        |        |
| 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 on the Cob           | 1 Petite Cob | 90  | 0   | 1.00 | 0.00  | 0.0    | 0     | 0     | 3.6   | 3.0   | 19.0  | 1.0    | 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    |              | 586 | 152 | 4.50 | *1.72 | *395.3 | *726  | *55   | *7.20 | 36.10 | 59.52 | 24.02  | 7.39   |
| % of Calories             |              |     |     |      |       |        |       |       |       | 24.6% | 40.6% | 36.9%  | 11.4%  |
| Nutrient Guideline        |              | 633 |     |      | 3.30  | 267.00 | 1000  |       | 15.00 | 9.00  |       | <=30.0 | <10.00 |

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