

Wilmette Public Schools District 39

Apr 3, 2017 thru Apr 28, 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)
Mon - 04/03/2017													
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 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		581	55	6.50	*3.48	*400.6	*3557	*627	*26.00	20.18	67.50	25.56	6.18
% of Calories										13.9%	46.4%	39.6%	9.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 04/04/2017													
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

Wed - 04/05/2017													
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
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

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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		750	40	10.25	*4.19	*385.5	*1923	*300	*27.29	25.66 13.7%	108.73 58.0%	23.46 28.2%	5.18 6.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 04/06/2017													
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 % of Calories		575	45	5.00	*3.60	*550.0	*530	*16	*1.20	22.50 15.7%	71.50 49.7%	22.40 35.1%	10.00 15.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 04/07/2017													
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
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		525	40	5.50	*0.00	*320.0	*500	*10	*31.20	25.50 19.4%	59.50 45.3%	19.70 33.8%	8.50 14.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 04/10/2017													
Elementary Lunch	Total												
Chicken Fajita's - Soft Shell	1 Shell	199	45	2.80	1.22	85.0	118	24	25.4	20.42	21.02	5.01	2.00
Peppers & Onions	1 oz	5	0	0.24	0.07	5.2	47	9	7.33	0.24	0.94	0.0	0.00
Spanish Rice - No MSG	3/4 Cup	143	0	0.75	2.72	45.3	38	8	11.32	3.77	33.19	0.38	0.00
Corn	Serving	89	3	2.00	0.00	0.3	30	9	3.6	2.01	17.0	1.97	0.62
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50

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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		561	63	7.29	*4.00	*435.8	*733	*60	*48.84	34.93 24.9%	88.66 63.3%	10.06 16.1%	4.12 6.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 04/11/2017													
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
Baked Beans	4 oz	150	0	4.00	1.80	40.0	0	0	0.0	6.0	30.0	1.0	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 % of Calories		739	65	9.50	*4.22	*410.0	*510	*12	*6.00	35.02 19.0%	112.50 60.9%	17.27 21.0%	5.47 6.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 04/12/2017													
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
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
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
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		666	55	9.66	*5.21	*377.5	*3997	*721	*26.49	29.95 18.0%	85.80 51.5%	20.95 28.3%	8.47 11.4%
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)
Thu - 04/13/2017													
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

Mon - 04/17/2017													
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
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		567	40	6.75	*2.74	*350.3	*500	*10	*6.00	22.68	69.02	42.70	6.28
% of Calories										16.0%	48.7%	67.8%	10.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 04/18/2017													
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

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Weighted Daily Average % of Calories		788	115	8.22	*5.65	*603.8	*850	*74	*8.66	44.18 22.4%	100.49 51.0%	25.90 29.6%	10.14 11.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 04/19/2017													
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 Potato Smiles	4 Smiles	160	0	2.00	0.72	0.0	0	0	3.6	2.0	230.0	6.0	1.00
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 % of Calories		573	152	5.50	*3.04	*375.9	*3683	*652	*24.80	33.78 23.6%	255.52 178.5%	26.88 42.3%	8.07 12.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 04/24/2017													
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
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
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	75	12.00	*4.02	*451.1	*4010	*724	*26.90	26.71 18.5%	83.50 57.8%	14.43 22.5%	6.86 10.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Tue - 04/25/2017													
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

Wed - 04/26/2017													
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

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Wilmette Public Schools District 39

Apr 3, 2017 thru Apr 28, 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)
Thu - 04/27/2017													
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 - 04/28/2017													
Elementary Lunch	Total												
Hamburger on Wheat	Burger	333	61	2.00	*1.44	*60.0	*0	*0	*0.0	22.0	26.0	16.0	5.30
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
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
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		708	91	6.50	*2.16	*460.0	*800	*70	*6.00	37.50	68.50	31.70	11.30
% of Calories										21.2%	38.7%	40.3%	14.4%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00