

Wilmette Public Schools District 39

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Wilmette Junior High School

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 - 02/01/2017													
Wilmette Junior High School	Total												
Italian Beef Sandwich	1 Sandwich	250	35	1.00	1.44	60.0	0	0	0.0	18.0	31.0	7.0	2.50
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
Roasted Zucchini	3/4 Cup	57	0	3.05	0.86	53.2	645	129	2.38	1.67	11.43	0.01	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		661	54	8.55	*3.02	*499.6	*1170	*144	*8.38	33.64	93.32	17.45	4.99
% of Calories										20.4%	56.5%	23.8%	6.8%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=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 - 02/02/2017													
Wilmette Junior High School	Total												
Southwest Chicken Salad	1 Serving	187	27	1.99	0.43	17.2	811	94	10.05	11.41	5.69	13.67	2.29
Romaine Lettuce	2 Cup	12	0	0.80	0.86	32.0	1800	360	16.8	0.8	1.6	0.0	0.00
Breadstick	1 Stick	110	0	1.00	1.44	0.0	0	0	0.0	4.0	21.0	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		483	45	5.29	*2.73	*435.5	*3136	*469	*28.05	27.17	53.18	18.11	4.29
% of Calories										22.5%	44.0%	33.7%	8.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=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 - 02/03/2017													
Wilmette Junior High School	Total												
Vegetable Egg Roll	1 Roll	150	5	1.00	0.00	0.0	0	0	0.0	3.0	20.0	7.0	1.50
Vegetable Fried Brown Rice	1 Cup	153	56	3.24	1.29	19.6	2168	280	17.47	*6.42	24.5	3.42	0.65
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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

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Wilmette Public Schools District 39

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Wilmette Junior High School

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		521	80	5.73	*1.43	*405.9	*2692	*295	*18.67	*20.78 *16.0%	78.99 60.7%	14.26 24.7%	4.15 7.2%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 02/06/2017													
Wilmette Junior High School	Total												
Cheese Tortellini w/Florentine	1 Serving	331	50	7.08	2.98	143.7	672	35	11.25	13.11	52.14	8.02	3.00
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		682	74	10.58	*5.02	*530.6	*4354	*687	*32.45	26.76 15.7%	95.03 55.8%	21.32 28.1%	8.18 10.8%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 02/07/2017													
Wilmette Junior High School	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		572	44	4.17	*4.68	*657.0	*4834	*860	*13.47	24.55 17.2%	74.17 51.8%	19.48 30.6%	10.00 15.7%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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Base Menu Spreadsheet

Wilmette Junior High School

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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 - 02/08/2017													
Wilmette Junior High School	Total												
Chicken Pomodoro Panini	1 Sandwich	661	89	2.76	2.20	543.0	1782	238	7.24	42.86	66.61	*24.22	*10.51
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		966	108	6.27	*2.56	*949.4	*2307	*253	*10.84	55.82	117.50	*29.66	*12.51
% of Calories										23.1%	48.7%	*27.6%	*11.7%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=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 - 02/09/2017													
Wilmette Junior High School	Total												
Old Fashion Chicken Salad/WJHS	1 Serving	215	37	0.59	0.36	18.8	96	22	3.5	10.64	14.23	13.71	2.27
Romaine Lettuce	2 Cup	12	0	0.80	0.86	32.0	1800	360	16.8	0.8	1.6	0.0	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
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		481	56	4.89	*1.95	*477.2	*2421	*396	*21.50	27.40	54.72	18.15	4.26
% of Calories										22.8%	45.5%	33.9%	8.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=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 - 02/10/2017													
Wilmette Junior High School	Total												
Pork Chop	1 4 oz chop	180	60	0.02	0.74	21.9	0	0	0.31	25.06	0.33	8.01	2.64
BBQ Sauce -WJHS	2 Tbs	50	0	0.00	0.00	0.0	0	0	0.0	0.0	11.0	0.0	0.00
Mashed Potatoes - WJHS	1 Scoop	102	1	2.00	0.36	1.7	8	2	30.0	2.04	21.08	0.25	0.15
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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

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Base Menu Spreadsheet

Wilmette Junior High School

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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		616	82	4.52	*1.10	*410.2	*563	*26	*37.51	41.08	78.30	13.67	5.40
% of Calories										26.7%	50.9%	20.0%	7.9%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 02/13/2017													
Wilmette Junior High School	Total												
Cheezy Pasta/Meat Bologn Sauce	1 Serving	436	45	4.06	3.70	249.4	423	85	9.49	24.7	53.79	14.29	6.10
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		781	64	7.56	*4.78	*655.8	*1048	*120	*40.69	38.66	96.68	25.73	10.10
% of Calories										19.8%	49.5%	29.7%	11.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 02/14/2017													
Wilmette Junior High School	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 - 5-6	5-6 Slices	51	8	0.00	0.14	0.0	0	0	0.0	2.36	0.39	4.71	1.96
Salad	6 oz Food T ray	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		624	52	4.17	*4.82	*657.0	*4834	*860	*13.47	26.91	74.57	24.19	11.96
% of Calories										17.3%	47.8%	34.9%	17.3%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=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)
Wed - 02/15/2017													
Wilmette Junior High School	Total												
Italian Chicken Tenders,Aplaus	3 Pieces	230	40	1.00	0.72	0.0	0	0	1.2	19.0	20.0	8.0	1.00
Roasted Potatoes	1 Serving	75	0	1.59	0.86	29.3	327	59	27.06	1.47	14.92	1.07	0.16
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		516	64	6.09	*2.54	*416.2	*3909	*691	*49.46	32.13	63.81	14.37	4.33
% of Calories										24.9%	49.5%	25.1%	7.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=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 - 02/16/2017													
Wilmette Junior High School	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
Diced Ham	2 oz	80	25	0.00	0.36	0.0	0	0	0.0	9.0	1.0	2.0	0.50
Chicken Strips - 2oz	2 oz	60	27	0.00	0.00	0.0	0	0	0.0	10.0	0.67	2.0	0.67
Cheese	1/4 Cup	110	30	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	6.00
Breadstick	1 Stick	110	0	1.00	1.44	0.0	0	0	0.0	4.0	21.0	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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	157	8.44	*4.19	*705.3	*8591	*1160	*79.69	48.13	74.03	19.44	9.66
% of Calories										28.1%	43.3%	25.6%	12.7%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=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 - 02/17/2017													
Wilmette Junior High School	Total												
Chili Lemon Chicken	1 Serving	162	65	0.74	2.35	30.3	746	81	23.37	26.93	8.92	1.94	0.05
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Wilmette Junior High School

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		564	89	7.24	*3.43	*457.2	*1428	*134	*32.97	41.92 29.7%	64.80 46.0%	14.25 22.7%	3.72 5.9%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 02/21/2017													
Wilmette Junior High School	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	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		677	49	7.17	*5.22	*827.0	*4994	*865	*17.97	36.55 21.6%	89.17 52.7%	17.98 23.9%	9.00 12.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Wed - 02/22/2017													
Wilmette Junior High School	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
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
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
Breadstick	1 Stick	110	0	1.00	1.44	0.0	0	0	0.0	4.0	21.0	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		535	60	6.79	*3.86	*491.5	*743	*62	*41.01	32.78 24.5%	69.62 52.1%	13.48 22.7%	6.58 11.1%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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Wilmette Public Schools District 39

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Wilmette Junior High School

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)
Thu - 02/23/2017													
Wilmette Junior High School	Total												
Romaine Lettuce	2 Cup	12	0	0.80	0.86	32.0	1800	360	16.8	0.8	1.6	0.0	0.00
Chicken Strips - 3oz.	3 oz	90	40	0.00	0.00	0.0	0	0	0.0	15.0	1.0	3.0	1.00
Rotini - Salad Bar 1/2 C	1/2 Cup	53	0	0.50	0.45	0.0	0	0	0.0	1.75	10.25	0.25	0.00
Tomatoes, Diced	1/4 Cup	4	0	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01
Mushrooms	1/4 Cup	4	0	0.18	0.09	0.5	0	0	0.38	0.56	0.59	0.06	0.01
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
Croutons	1/2 Cup	86	0	0.00	1.03	0.0	0	0	0.0	2.86	11.43	2.86	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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	59	5.25	*3.21	*461.1	*2512	*389	*21.46	37.13	64.63	10.65	3.01
% of Calories										29.6%	51.4%	19.1%	5.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 02/24/2017													
Wilmette Junior High School	Total												
Beef Enchilada Casserole-WJHS	1 Serving	366	63	5.82	*1.64	*183.8	*563	*107	*16.76	23.43	29.06	17.59	8.15
Spanish Rice	1 Serving	170	0	2.00	1.08	20.0	750	150	2.4	4.0	38.0	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
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		819	84	10.32	*2.72	*590.5	*1868	*281	*26.36	41.41	112.95	23.00	10.76
% of Calories										20.2%	55.2%	25.3%	11.8%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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Wilmette Public Schools District 39

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Wilmette Junior High School

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 - 02/27/2017													
Wilmette Junior High School	Total												
Chicken Parmesan	1 Serving	315	140	2.37	2.43	299.7	559	122	10.55	38.97	17.62	10.98	4.52
Mostaccioli Pasta	6 oz	226	5	2.00	1.80	0.6	57	17	0.0	7.02	42.0	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
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		893	168	7.87	*6.27	*687.1	*4299	*791	*31.75	59.64	102.51	27.15	10.87
% of Calories										26.7%	45.9%	27.4%	11.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 02/28/2017													
Wilmette Junior High School	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Yogurt - Vanilla	2 oz Serving	49	4	0.00	0.00	86.3	25	5	0.0	2.47	8.39	0.74	0.49
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		572	44	4.17	*4.68	*657.0	*4834	*860	*13.47	24.55	74.17	19.48	10.00
% of Calories										17.2%	51.8%	30.6%	15.7%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00