

Wilmette Public Schools District 39

Feb 1, 2018 thru Feb 28, 2018

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)
Thu - 02/01/2018													
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
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		404	42	6.29	*2.01	*389.2	*3111	*464	*28.05	25.71	37.79	17.37	3.79
% of Calories										25.5%	37.4%	38.7%	8.5%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 02/05/2018													
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
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	0.0	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
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		731	60	7.56	*4.78	*569.4	*1023	*115	*40.69	36.20	88.29	24.99	9.60
% of Calories										19.8%	48.3%	30.8%	11.8%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 02/06/2018													
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
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		574	48	4.17	*4.82	*570.7	*4810	*855	*13.47	24.44	66.18	23.45	11.47
% of Calories										17.0%	46.1%	36.8%	18.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=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

Feb 1, 2018 thru Feb 28, 2018

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 - 02/07/2018													
Wilmette Junior High School	Total												
American Pannini	1 Sandwich	558	77	*2.76	1.84	536.9	687	96	6.01	38.01	68.17	*14.32	*8.96
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		813	92	*6.26	*2.20	*856.9	*1187	*106	*9.61	48.51	110.67	*19.02	*10.46
% of Calories										23.9%	54.5%	*21.1%	*11.6%
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 - 02/08/2018													
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
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		432	52	4.89	*1.95	*390.8	*2396	*392	*21.50	24.94	46.33	17.41	3.77
% of Calories										23.1%	42.9%	36.3%	7.8%
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)
Fri - 02/09/2018													
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
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		566	78	4.52	*1.10	*323.9	*538	*21	*37.51	38.61	69.91	12.93	4.90
% of Calories										27.3%	49.4%	20.6%	7.8%
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

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 - 02/12/2018													
Wilmette Junior High School	Total												
Italian Sausage w/ Pasta	1 Serving	473	50	4.22	3.99	42.2	321	10	14.16	20.13	54.94	20.02	5.15
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
Weighted Daily Average		774	70	7.72	*6.03	*342.8	*3979	*657	*35.35	31.31	89.44	32.58	9.83
% of Calories										16.2%	46.2%	37.9%	11.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 02/13/2018													
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
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		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Wed - 02/14/2018													
Wilmette Junior High School	Total												
Baked Tilapia	4 oz Fillet	90	55	0.00	0.00	0.0	0	0	0.0	21.0	0.0	1.0	0.50
Scalloped Potatoes	3/4 Cup	165	0	3.00	0.54	60.0	0	0	9.0	4.5	33.0	2.25	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		427	75	6.50	*0.90	*400.6	*657	*47	*13.80	35.02	54.50	7.81	3.18
% of Calories										32.8%	51.0%	16.5%	6.7%
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

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)
Thu - 02/15/2018													
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
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		635	153	8.44	*4.19	*619.0	*8566	*1155	*79.69	45.66	65.65	18.70	9.16
% of Calories										28.8%	41.4%	26.5%	13.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 02/16/2018													
Wilmette Junior High School	Total												
Cheese Ravioli - HMS,WJHS	1 Serving	244	45	3.49	1.62	152.0	673	81	9.9	10.21	36.13	7.72	3.73
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
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		539	60	6.99	*2.70	*472.0	*1273	*111	*41.10	21.71	70.63	18.42	7.23
% of Calories										16.1%	52.4%	30.7%	12.1%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 02/20/2018													
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
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		628	45	7.17	*5.22	*740.7	*4970	*860	*17.97	34.08	80.79	17.24	8.51
% of Calories										21.7%	51.4%	24.7%	12.2%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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Base Menu Spreadsheet

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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)
Wed - 02/21/2018													
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
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		612	50	8.55	*3.02	*413.2	*1145	*139	*8.38	31.17	84.93	16.71	4.50
% of Calories										20.4%	55.5%	24.6%	6.6%
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)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/22/2018													
Wilmette Junior High School	Total												
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
Romaine Lettuce	2 Cup	12	0	0.80	0.86	32.0	1800	360	16.8	0.8	1.6	0.0	0.00
EGG,HARD-BOILED	1 EACH	78	187	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63
Cherry Tomatoes	4 tomatoes	44	0	2.00	0.72	40.0	2000	40	30.0	2.0	10.0	0.0	0.00
Green Beans - 1/4 Cup	1/4 Cup	12	0	0.75	0.13	14.9	37	7	1.34	0.37	1.87	0.0	0.00
Olives	1 Serving	25	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	2.5	0.00
Red Potatoes	1/2 cup	53	0	1.00	0.72	20.0	0	0	6.0	1.0	12.0	0.0	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
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		578	242	6.05	*4.11	*431.9	*4697	*521	*55.34	35.96	57.53	21.50	6.13
% of Calories										24.9%	39.8%	33.5%	9.5%
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)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/23/2018													
Wilmette Junior High School	Total												
Macaroni & Cheese - WJHS	1 Cup	393	36	2.00	1.80	275.5	425	85	0.3	16.25	48.75	13.75	9.12
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
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

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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		583	56	6.17	*3.24	*636.7	*5362	*972	*17.37	26.35	73.54	18.36	11.81
% of Calories										18.1%	50.4%	28.3%	18.2%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 02/26/2018													
Wilmette Junior High School	Total												
Pasta Purse	1 Serving	229	40	6.00	2.70	100.0	200	40	0.0	11.0	34.0	6.0	2.14
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
Weighted Daily Average		530	60	9.50	*4.74	*400.6	*3857	*687	*21.20	22.19	68.50	18.56	6.82
% of Calories										16.7%	51.7%	31.5%	11.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 02/27/2018													
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
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		574	48	4.17	*4.82	*570.7	*4810	*855	*13.47	24.44	66.18	23.45	11.47
% of Calories										17.0%	46.1%	36.8%	18.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Wed - 02/28/2018													
Wilmette Junior High School	Total												
Greek Style Chicken	4 oz	249	95	0.22	1.30	8.1	136	24	1.42	20.06	0.54	18.05	4.13
Potato Wedges	1 Serving	130	0	3.00	0.72	0.0	0	0	2.4	2.0	18.01	6.0	1.00
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

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

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Wilmette Junior High School

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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		551	115	6.73	*2.38	*348.6	*793	*71	*8.62	31.58	40.05	28.62	7.81
% of Calories										22.9%	29.1%	46.7%	12.7%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00