

Wilmette Public Schools District 39

Jun 1, 2018 thru Jun 15, 2018

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

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Generated on: 5/25/2018 10:14:51 AM

| | 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 - 06/01/2018 | | | | | | | | | | | | | |
| 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 |
| 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 | | 592 | 55 | 8.55 | *2.30 | *353.2 | *1145 | *139 | *9.58 | 32.17 | 73.93 | 17.71 | 3.00 |
| % of Calories | | | | | | | | | | 21.7% | 50.0% | 26.9% | 4.6% |
| Nutrient Guideline | | 783 | | | 4.50 | 400.00 | 1500 | | 16.70 | 15.20 | | <=30.0 | <10.00 |

| | | | | | | | | | | | | | |
|--------------------------------|-----------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| Mon - 06/04/2018 | | | | | | | | | | | | | |
| 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 - 06/05/2018 | | | | | | | | | | | | | |
| 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

* - 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.

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Jun 1, 2018 thru Jun 15, 2018

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

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Generated on: 5/25/2018 10:14:51 AM

| | 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 - 06/06/2018 | | | | | | | | | | | | | |
| 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 |
| 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 | | 591 | 55 | 7.50 | *3.12 | *360.6 | *3557 | *627 | *26.00 | 30.18 | 77.50 | 18.56 | 5.68 |
| % of Calories | | | | | | | | | | 20.4% | 52.4% | 28.2% | 8.6% |
| Nutrient Guideline | | 783 | | | 4.50 | 400.00 | 1500 | | 16.70 | 15.20 | | <=30.0 | <10.00 |