

# Wilmette Public Schools District 39

Mar 1, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 1

Generated on: 2/24/2017 9:24:04 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)
Wed - 03/01/2017													
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
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		632	60	6.17	*3.24	*723.1	*5387	*977	*17.37	28.82	81.93	19.10	12.31
% of Calories										18.2%	51.8%	27.2%	17.5%
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)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/02/2017													
Wilmette Junior High School	Total												
Buffalo Chicken Salad	1 Serving	118	45	0.80	0.86	32.6	1857	377	16.8	15.82	2.6	4.87	2.18
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		415	64	4.10	*3.17	*450.9	*4182	*752	*34.80	31.58	50.09	9.30	4.17
% of Calories										30.5%	48.3%	20.2%	9.1%
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 - 03/03/2017													
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
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

\*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

Mar 1, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 2

Generated on: 2/24/2017 9:24:04 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)
Weighted Daily Average		459	74	6.50	*0.54	*466.3	*525	*15	*40.20	37.47	61.89	6.69	2.49
% of Calories										32.6%	53.9%	13.1%	4.9%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 03/06/2017													
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
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		823	74	7.72	*6.03	*429.1	*4004	*662	*35.35	33.78	97.83	33.32	10.32
% of Calories										16.4%	47.5%	36.4%	11.3%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 03/07/2017													
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
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

\*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.

**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

Mar 1, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 3

Generated on: 2/24/2017 9:24:04 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)
Wed - 03/08/2017													
Wilmette Junior High School	Total												
Oven Roasted Chicken	1 Serving	212	95	0.03	1.10	2.1	101	20	1.48	20.07	0.55	14.01	3.50
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	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
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		578	117	5.53	*1.46	*390.4	*664	*46	*36.28	35.09	63.52	19.67	6.26
% of Calories										24.3%	44.0%	30.6%	9.7%
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 - 03/09/2017													
Wilmette Junior High School	Total												
Taco Salad Bowl	1 Bowl	382	15	1.95	3.27	37.8	1046	209	5.99	13.15	35.87	20.46	7.24
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
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
Salsa - 1TBS	1 TBS	5	0	0.00	0.00	0.0	50	10	0.0	0.0	1.0	0.0	0.00
Sour Cream	1 tsp	9	2	0.00	0.01	5.3	30	9	0.04	0.1	0.14	0.95	0.55
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
Fiesta Vegetables	3/4 Cup	69	0	3.00	0.72	40.0	1500	300	21.0	4.0	10.0	1.5	0.14
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		835	54	8.22	*4.60	*572.0	*3518	*597	*31.31	34.92	99.02	32.98	13.55
% of Calories										16.7%	47.5%	35.6%	14.6%
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

<sup>1</sup> - 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**

**Mar 1, 2017 thru Mar 24, 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)
Fri - 03/10/2017													
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
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
Weighted Daily Average		606	68	6.99	*3.06	*578.9	*1455	*153	*14.70	24.20	80.02	21.02	8.91
% of Calories										16.0%	52.8%	31.2%	13.2%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 03/13/2017													
Wilmette Junior High School	Total												
Meatballs	1 Serving	184	36	0.66	1.19	39.5	0	0	0.0	9.22	4.61	14.49	5.93
Rotini	6 oz	226	5	2.00	1.80	0.6	57	17	0.0	7.02	41.0	2.87	1.18
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
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		755	60	6.16	*4.07	*446.4	*682	*52	*31.20	30.21	88.50	28.80	11.10
% of Calories										16.0%	46.9%	34.3%	13.2%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 03/14/2017													
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
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

\*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

Mar 1, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 5

Generated on: 2/24/2017 9:24:04 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)
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

Wed - 03/15/2017													
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
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		862	96	*6.26	*2.20	*943.2	*1212	*111	*9.61	50.98	119.06	*19.76	*10.95
% of Calories										23.7%	55.3%	*20.6%	*11.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Thu - 03/16/2017													
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
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		567	245	8.05	*3.75	*558.3	*4622	*506	*55.34	41.43	65.91	15.24	4.63
% of Calories										29.2%	46.5%	24.2%	7.3%
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

<sup>1</sup> - 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**

**Mar 1, 2017 thru Mar 24, 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)
Fri - 03/17/2017													
Wilmette Junior High School	Total												
Tofu	1 Serving	80	0	1.00	1.08	60.0	0	0	0.0	8.0	2.0	4.0	0.50
Grilled Chicken Breast	1 Piece	129	65	0.00	0.72	0.0	0	0	1.2	26.0	0.0	2.5	0.14
Stir Fry Vegetables	1 Serving	171	0	3.28	1.07	43.3	2174	405	84.37	3.67	9.81	14.35	2.04
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
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		708	140	9.02	*4.16	*509.2	*4866	*701	*104.25	*55.05	61.20	27.70	5.33
% of Calories										*31.1%	34.6%	35.2%	6.8%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 03/20/2017													
Wilmette Junior High School	Total												
Stuffed Shells	2 Shells	340	70	4.00	2.88	240.0	800	106	10.2	15.0	43.0	13.0	7.00
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
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		691	94	7.50	*4.92	*626.9	*4482	*758	*31.40	28.65	85.89	26.30	12.17
% of Calories										16.6%	49.7%	34.3%	15.9%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 03/21/2017													
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

\*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.

**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

Mar 1, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 7

Generated on: 2/24/2017 9:24:04 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)
Weighted Daily Average		677	49	7.17	*5.22	*827.0	*4994	*865	*17.97	36.55	89.17	17.98	9.00
% of Calories										21.6%	52.7%	23.9%	12.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Wed - 03/22/2017													
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		535	60	6.79	*3.86	*491.5	*743	*62	*41.01	32.78	69.62	13.48	6.58
% of Calories										24.5%	52.1%	22.7%	11.1%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Thu - 03/23/2017													
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
Rotini - Salad Bar	1/2 Cup	53	0	0.50	0.45	0.0	0	0	0.0	1.75	10.25	0.25	0.00
Bacon	1 piece crumble	45	10	0.00	0.00	0.0	0	0	0.0	3.0	0.0	3.5	1.25
Corn - Salad Bar	1/4 Cup	40	0	1.00	0.00	0.0	0	0	1.8	1.0	8.5	0.5	0.00
Chicken Breast - Grilled	1 Breast	110	50	0.00	2.70	0.0	*N/A*	*0	0.0	21.0	0.0	3.0	1.00
Red Onion's	1/4 Cup	16	0	0.68	0.08	9.2	1	0	2.96	0.44	3.74	0.04	0.02
Blue Cheese	.03 oz	2	0	0.06	0.01	2.6	1	0	0.01	0.04	0.3	0.07	0.03
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

\*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.

**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

Mar 1, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 8

Generated on: 2/24/2017 9:24:04 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)
Weighted Daily Average		532	79	6.54	*4.83	*470.1	*2326	*375	*22.77	44.00	63.27	11.80	4.29
% of Calories										33.1%	47.6%	20.0%	7.3%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 03/24/2017													
Wilmette Junior High School	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Spin, Mush, Cheese Quesidilla	1 Serving	245	30	1.26	1.27	304.3	652	85	1.43	11.66	22.72	12.08	7.51
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	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
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		1008	91	7.76	*3.43	*1110.9	*2016	*271	*8.63	44.64	124.61	36.49	21.62
% of Calories										17.7%	49.5%	32.6%	19.3%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00