

Wilmette Public Schools District 39

Mar 1, 2018 thru Mar 23, 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 - 03/01/2018													
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
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		533	55	7.25	*3.93	*414.8	*2487	*384	*21.46	39.66	70.24	10.91	2.51
% of Calories										29.8%	52.7%	18.4%	4.2%
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 - 03/02/2018													
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
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		958	88	7.76	*3.43	*1024.5	*1992	*266	*8.63	42.17	116.22	35.75	21.13
% of Calories										17.6%	48.5%	33.6%	19.8%
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)
Mon - 03/05/2018													
Wilmette Junior High School	Total												
Chicken Parmesan	1 Seving	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
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

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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 % of Calories		837	160	7.87	*5.31	*620.2	*1216	*169	*41.75	57.49 27.5%	94.12 45.0%	24.55 26.4%	9.20 9.9%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 03/06/2018													
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
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 % of Calories		523	40	4.17	*4.68	*570.7	*4810	*855	*13.47	22.08 16.9%	65.79 50.3%	18.74 32.2%	9.51 16.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Wed - 03/07/2018													
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
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 % of Calories		505	81	5.52	*1.46	*364.1	*666	*49	*35.11	36.62 29.0%	53.91 42.7%	12.82 22.8%	5.47 9.7%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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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 - 03/08/2018													
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 C	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
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		513	75	5.54	*5.55	*343.8	*2302	*370	*22.77	40.53	61.89	11.06	3.80
% of Calories										31.6%	48.3%	19.4%	6.7%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 03/09/2018													
Wilmette Junior High School	Total												
Baked Mostaccioli	1 Serving	415	50	3.00	2.34	320.0	550	83	4.5	21.0	51.0	14.5	8.00
Italian Vegetables	2/3 cup	68	10	2.00	0.36	20.0	2133	427	9.0	2.0	7.0	3.67	2.67
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		748	75	6.50	*3.78	*640.0	*3283	*540	*14.70	33.50	88.50	28.87	14.17
% of Calories										17.9%	47.3%	34.7%	17.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 03/12/2018													
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
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

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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		712	61	6.16	*5.03	*340.6	*3715	*665	*21.20	27.43	80.11	29.92	11.79
% of Calories										15.4%	45.0%	37.8%	14.9%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 03/13/2018													
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 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		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

Wed - 03/14/2018													
Wilmette Junior High School	Total												
Cornbeef and Cabbage	1 Serving	273	93	2.14	1.77	60.8	223	41	42.19	16.87	6.6	19.87	8.06
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
Red Skin Potatoes	1 Serving	88	0	1.50	1.08	30.0	0	0	9.0	1.5	18.0	1.0	0.14
Rye Bread	Slice	70	0	1.00	0.72	40.0	0	0	0.0	2.0	13.0	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		561	108	6.14	*3.93	*430.8	*2723	*451	*53.59	28.87	55.10	24.57	9.70
% of Calories										20.6%	39.3%	39.4%	15.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Thu - 03/15/2018													
Wilmette Junior High School	Total												
Buffalo Chicken Salad - WJHS	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
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		365	60	4.10	*3.17	*364.5	*4157	*747	*34.80	29.12	41.70	8.56	3.68
% of Calories										31.9%	45.6%	21.1%	9.1%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 03/16/2018													
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
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
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		658	136	9.02	*4.16	*422.9	*4842	*696	*104.25	*52.58	52.81	26.96	4.84
% of Calories										*32.0%	32.1%	36.9%	6.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 03/19/2018													
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
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		641	90	7.50	*4.92	*540.6	*4457	*753	*31.40	26.18	77.50	25.56	11.68
% of Calories										16.3%	48.3%	35.9%	16.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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Tue - 03/20/2018													
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 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		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

	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 - 03/21/2018													
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
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		455	57	7.79	*3.14	*445.2	*719	*57	*41.01	31.31	54.23	12.74	6.09
% of Calories										27.5%	47.6%	25.2%	12.0%
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.

Wilmette Public Schools District 39

Mar 1, 2018 thru Mar 23, 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)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/22/2018													
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
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		785	50	8.22	*4.60	*485.6	*3494	*592	*31.31	32.45	90.64	32.24	13.05
% of Calories										16.5%	46.2%	37.0%	15.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 03/23/2018													
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
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