

# Wilmette Public Schools District 39

May 1, 2017 thru May 31, 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 - 05/01/2017            |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |
| 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      |              | 762         | 65          | 6.16      | *5.03     | *427.0    | *3740      | *670       | *21.20     | 29.90     | 88.50    | 30.66     | 12.28     |
| % of Calories               |              |             |             |           |           |           |            |            |            | 15.7%     | 46.5%    | 36.2%     | 14.5%     |
| Nutrient Guideline          |              | 783         |             |           | 4.50      | 400.00    | 1500       |            | 16.70      | 15.20     |          | <=30.0    | <10.00    |

|                             |                 |     |    |      |       |        |       |       |        |       |       |        |        |
|-----------------------------|-----------------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| Tue - 05/02/2017            |                 |     |    |      |       |        |       |       |        |       |       |        |        |
| 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 |

|                              |              |     |    |       |       |       |       |       |       |       |       |        |       |
|------------------------------|--------------|-----|----|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|
| Wed - 05/03/2017             |              |     |    |       |       |       |       |       |       |       |       |        |       |
| 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  |

\*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**

**May 1, 2017 thru May 31, 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 |              | 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 - 05/04/2017            |              |     |    |      |       |        |       |       |        |       |       |        |        |
|-----------------------------|--------------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| 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 |

| Fri - 05/05/2017            |              |     |    |      |       |        |       |       |        |       |       |        |        |
|-----------------------------|--------------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| 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   |
| 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 |

\*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  
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May 1, 2017 thru May 31, 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 - 05/08/2017            |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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 - 05/09/2017            |                |     |    |      |       |        |       |       |        |       |       |        |        |
| 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 |

|                             |              |     |    |      |       |       |       |       |       |       |       |       |      |
|-----------------------------|--------------|-----|----|------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Wed - 05/10/2017            |              |     |    |      |       |       |       |       |       |       |       |       |      |
| Wilmette Junior High School | Total        |     |    |      |       |       |       |       |       |       |       |       |      |
| Meatloaf                    | 1 Serving    | 337 | 78 | 0.63 | 2.92  | 34.3  | 12    | 2     | 4.61  | 23.33 | 14.02 | 20.11 | 7.73 |
| 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 |

\*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

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May 1, 2017 thru May 31, 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average |              | 702         | 100         | 6.13      | *3.28     | *422.6    | *575       | *28        | *39.41     | 38.35     | 76.99    | 25.77     | 10.48     |
| % of Calories          |              |             |             |           |           |           |            |            |            | 21.8%     | 43.9%    | 33.0%     | 13.4%     |
| Nutrient Guideline     |              | 783         |             |           | 4.50      | 400.00    | 1500       |            | 16.70      | 15.20     |          | <=30.0    | <10.00    |

| Thu - 05/11/2017            |              |     |    |      |       |        |       |       |        |       |       |        |        |
|-----------------------------|--------------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| 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 |

| Fri - 05/12/2017            |              |     |     |      |       |        |       |       |        |       |       |        |        |
|-----------------------------|--------------|-----|-----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| 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   |
| Roasted Potatoes            | 1 Serving    | 75  | 0   | 1.59 | 0.86  | 29.3   | 327   | 59    | 27.06  | 1.47  | 14.92 | 1.07   | 0.16   |
| 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      |              | 545 | 119 | 5.31 | *2.52 | *464.3 | *1144 | *135  | *33.27 | 33.52 | 45.35 | 24.42  | 7.46   |
| % of Calories               |              |     |     |      |       |        |       |       |        | 24.6% | 33.3% | 40.3%  | 12.3%  |
| 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.

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# Wilmette Public Schools District 39

May 1, 2017 thru May 31, 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 - 05/15/2017            |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |
| 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      |              | 588         | 63          | 6.99      | *2.70     | *558.3    | *1298      | *116       | *41.10     | 24.18     | 79.01    | 19.16     | 7.72      |
| % of Calories               |              |             |             |           |           |           |            |            |            | 16.4%     | 53.7%    | 29.3%     | 11.8%     |
| 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) |
|-----------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Tue - 05/16/2017            |                |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |                | 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    |

|                                | 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 - 05/17/2017               |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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      |
| Potato Wedge-Battered WJHS     | 1 Serving    | 140         | 0           | 2.00      | 0.72      | 0.0       | 0          | 0          | 6.0        | 2.0       | 19.0     | 6.0       | 1.50      |
| 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      |
| 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

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**Wilmette Public Schools District 39**

**May 1, 2017 thru May 31, 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average |              | 581         | 64          | 6.50      | *2.40     | *386.9    | *3582      | *632       | *28.40     | 32.65     | 67.89    | 19.30     | 5.67      |
| % of Calories          |              |             |             |           |           |           |            |            |            | 22.5%     | 46.8%    | 29.9%     | 8.8%      |
| Nutrient Guideline     |              | 783         |             |           | 4.50      | 400.00    | 1500       |            | 16.70      | 15.20     |          | <=30.0    | <10.00    |

| Thu - 05/18/2017            |              |     |     |      |       |        |       |       |        |       |       |        |        |
|-----------------------------|--------------|-----|-----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| 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 |

| Fri - 05/19/2017              |              |      |    |      |       |         |       |       |       |       |        |        |        |
|-------------------------------|--------------|------|----|------|-------|---------|-------|-------|-------|-------|--------|--------|--------|
| 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 |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Wilmette Public Schools District 39

May 1, 2017 thru May 31, 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) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| <b>Mon - 05/22/2017</b>     |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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    |

|                             |                |     |    |      |       |        |       |       |        |       |       |        |        |
|-----------------------------|----------------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| <b>Tue - 05/23/2017</b>     |                |     |    |      |       |        |       |       |        |       |       |        |        |
| 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   |
| 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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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**Wilmette Public Schools District 39**

**May 1, 2017 thru May 31, 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) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 05/24/2017             |              |             |             |           |           |           |            |            |            |           |          |           |           |
| Wilmette Junior High School  | Total        |             |             |           |           |           |            |            |            |           |          |           |           |
| BBQ Pulled Pork Sandwich     | 1 Sandwich   | 334         | 50          | 2.00      | 2.06      | 50.0      | 10         | 2          | 2.4        | 18.52     | 40.0     | 11.57     | 3.97      |
| 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      |
| 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       |              | 686         | 74          | 7.50      | *2.78     | *496.9    | *692       | *54        | *9.60      | 32.51     | 95.89    | 18.87     | 7.14      |
| % of Calories                |              |             |             |           |           |           |            |            |            | 19.0%     | 55.9%    | 24.8%     | 9.4%      |
| 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 - 05/25/2017            |                 |             |             |           |           |           |            |            |            |           |          |           |           |
| 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 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      |
| 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      |                 | 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    |

\*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.

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**Wilmette Public Schools District 39**

**May 1, 2017 thru May 31, 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 - 05/26/2017            |              |             |             |           |           |           |            |            |            |           |          |           |           |
| 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    |

|                             |                |     |    |      |       |        |       |       |        |       |       |        |        |
|-----------------------------|----------------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|--------|--------|
| Tue - 05/30/2017            |                |     |    |      |       |        |       |       |        |       |       |        |        |
| 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 |

|                               |              |     |    |      |       |        |       |       |        |       |       |       |      |
|-------------------------------|--------------|-----|----|------|-------|--------|-------|-------|--------|-------|-------|-------|------|
| Wed - 05/31/2017              |              |     |    |      |       |        |       |       |        |       |       |       |      |
| 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 |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Wilmette Public Schools District 39

May 1, 2017 thru May 31, 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| 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    |