

Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 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)
Mon - 10/01/2018													
Wilmette Junior High School	Total												
Italian Sausage w/ Pasta	1 Serving	473	50	4.22	3.99	42.2	321	10	14.16	20.13	54.94	20.02	5.15
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	0.0	0.00
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		768	65	7.72	*5.07	*362.2	*921	*40	*45.35	31.63	89.44	30.72	8.65
% of Calories										16.5%	46.6%	36.0%	10.1%
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)
Tue - 10/02/2018													
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 - 10/03/2018													
Wilmette Junior High School	Total												
Greek Style Chicken	4 oz	249	95	0.22	1.30	8.1	136	24	1.42	20.06	0.54	18.05	4.13
Potato Wedges	1 Serving	130	0	3.00	0.72	0.0	0	0	2.4	2.0	18.01	6.0	1.00
Green Beans	2/3 Cup	47	5	2.00	0.36	40.6	157	37	3.6	1.02	5.0	1.87	1.18
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		551	115	6.73	*2.38	*348.6	*793	*71	*8.62	31.58	40.05	28.62	7.81
% of Calories										22.9%	29.1%	46.7%	12.7%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 2018

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)
Thu - 10/04/2018													
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
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		335	60	5.10	*2.45	*404.5	*4157	*747	*34.80	30.12	34.70	8.56	3.68
% of Calories										35.9%	41.4%	23.0%	9.9%
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 - 10/05/2018													
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)
Tue - 10/09/2018													
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 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		523	40	4.17	*4.68	*570.7	*4810	*855	*13.47	22.08	65.79	18.74	9.51
% of Calories										16.9%	50.3%	32.2%	16.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/10/2018													
Wilmette Junior High School	Total												
Chicken Pomodoro Panini	1 Sandwich	661	89	2.76	2.20	543.0	1782	238	7.24	42.86	66.61	*24.22	*10.51
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	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		921	104	6.27	*2.92	*863.0	*4282	*648	*12.04	53.36	110.11	*28.92	*12.01
% of Calories										23.2%	47.8%	*28.2%	*11.7%
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 - 10/11/2018													
Wilmette Junior High School	Total												
Chicken Strips - 3oz.	3 oz	90	40	0.00	0.00	0.0	0	0	0.0	15.0	1.0	3.0	1.00
Romaine Lettuce	2 Cup	12	0	0.80	0.86	32.0	1800	360	16.8	0.8	1.6	0.0	0.00
EGG,HARD-BOILED	1 EACH	78	187	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63
Cherry Tomatoes	4 tomatoes	44	0	2.00	0.72	40.0	2000	40	30.0	2.0	10.0	0.0	0.00
Green Beans - 1/4 Cup	1/4 Cup	12	0	0.75	0.13	14.9	37	7	1.34	0.37	1.87	0.0	0.00
Olives	1 Serving	25	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	2.5	0.00
Red Potatoes	1/2 cup	53	0	1.00	0.72	20.0	0	0	6.0	1.0	12.0	0.0	0.00
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		548	242	7.05	*4.47	*431.9	*4597	*501	*55.34	37.96	64.53	14.50	4.13
% of Calories										27.7%	47.1%	23.8%	6.8%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/12/2018													
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
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	0.0	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50

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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		565	75	6.52	*1.46	*341.9	*500	*10	*36.31	37.56	57.83	17.70	4.64
% of Calories										26.6%	40.9%	28.2%	7.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 10/15/2018													
Wilmette Junior High School	Total												
Pasta Purse	1 Serving	229	40	6.00	2.70	100.0	200	40	0.0	11.0	34.0	6.0	2.14
Mixed Vegetables	2/3 Cup	36	5	2.00	0.96	0.6	3057	617	20.0	0.69	4.0	1.87	1.18
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		530	60	9.50	*4.74	*400.6	*3857	*687	*21.20	22.19	68.50	18.56	6.82
% of Calories										16.7%	51.7%	31.5%	11.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 10/16/2018													
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

Wed - 10/17/2018													
Wilmette Junior High School	Total												
Italian Beef Sandwich	1 Sandwich	250	35	1.00	1.44	60.0	0	0	0.0	18.0	31.0	7.0	2.50
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
Roasted Zucchini	3/4 Cup	57	0	3.05	0.86	53.2	645	129	2.38	1.67	11.43	0.01	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50

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Weighted Daily Average		612	50	8.55	*3.02	*413.2	*1145	*139	*8.38	31.17	84.93	16.71	4.50
% of Calories										20.4%	55.5%	24.6%	6.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Thu - 10/18/2018													
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 - 10/19/2018													
Wilmette Junior High School	Total												
BBQ Chicken Wings	1 Serving	251	132	0.00	1.36	75.3	126	25	0.0	22.6	5.02	16.32	4.39
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
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	150	5.50	*1.72	*377.3	*664	*46	*34.80	35.15	59.60	21.24	6.65
% of Calories										24.8%	42.0%	33.7%	10.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

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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)
Mon - 10/22/2018													
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
Marinara Sauce 1/2 C	1/2 Cup	50	0	2.00	1.08	40.0	300	6	9.0	2.0	10.0	1.0	0.00
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
Weighted Daily Average		762	61	8.16	*6.11	*380.6	*4015	*671	*30.20	29.43	90.11	30.92	11.79
% of Calories										15.4%	47.3%	36.5%	13.9%
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 - 10/23/2018													
Wilmette Junior High School	Total												
Bosco Sticks	2 Sticks	460	30	4.00	3.60	400.0	40	8	0.0	24.0	56.0	14.0	7.00
Marinara Sauce 1/4 C	1/4 C	25	0	1.00	0.54	20.0	150	3	4.5	1.0	5.0	0.5	0.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		628	45	7.17	*5.22	*740.7	*4970	*860	*17.97	34.08	80.79	17.24	8.51
% of Calories										21.7%	51.4%	24.7%	12.2%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

	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 - 10/24/2018													
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

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

Oct 1, 2018 thru Oct 30, 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)
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

Thu - 10/25/2018													
Wilmette Junior High School	Total												
Salad Bar	2-3 Cups	150	56	5.94	2.39	119.0	7766	1085	78.49	7.17	26.48	2.0	0.50
Diced Ham	2 oz	80	25	0.00	0.36	0.0	0	0	0.0	9.0	1.0	2.0	0.50
Chicken Strips - 2oz	2 oz	60	27	0.00	0.00	0.0	0	0	0.0	10.0	0.67	2.0	0.67
Cheese	1/4 Cup	110	30	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	6.00
Breadstick	1 Stick	110	0	1.00	1.44	0.0	0	0	0.0	4.0	21.0	1.0	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		635	153	8.44	*4.19	*619.0	*8566	*1155	*79.69	45.66	65.65	18.70	9.16
% of Calories										28.8%	41.4%	26.5%	13.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 10/26/2018													
Wilmette Junior High School	Total												
Beef Fajita	10" Shell	354	45	2.82	3.06	130.4	182	24	21.41	21.61	27.05	18.04	5.51
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		737	63	8.32	*4.14	*450.7	*1462	*194	*28.61	36.12	98.55	22.72	7.62
% of Calories										19.6%	53.5%	27.7%	9.3%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 10/29/2018													
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
Green Beans	2/3 Cup	47	5	2.00	0.36	40.6	157	37	3.6	1.02	5.0	1.87	1.18
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 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)
Weighted Daily Average		652	90	7.50	*4.32	*580.6	*1557	*173	*15.00	26.52	78.50	25.56	11.68
% of Calories										16.3%	48.1%	35.3%	16.1%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 10/30/2018													
Wilmette Junior High School	Total												
Pizza - Round	1 Pizza	380	25	2.00	3.60	250.0	30	6	0.0	13.0	46.0	16.0	8.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		523	40	4.17	*4.68	*570.7	*4810	*855	*13.47	22.08	65.79	18.74	9.51
% of Calories										16.9%	50.3%	32.2%	16.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00