

Wilmette Public Schools District 39

Oct 2, 2017 thru Oct 30, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 1

Generated on: 9/28/2017 1:09:07 PM

	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 - 10/02/2017													
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
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		837	160	7.87	*5.31	*620.2	*1216	*169	*41.75	57.49	94.12	24.55	9.20
% of Calories										27.5%	45.0%	26.4%	9.9%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 10/03/2017													
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
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

Wed - 10/04/2017													
Wilmette Junior High School	Total												
Chicken Pomodori 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	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
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		916	104	6.27	*2.56	*863.0	*2282	*248	*10.84	53.36	109.11	*28.92	*12.01
% of Calories										23.3%	47.6%	*28.4%	*11.8%
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

Oct 2, 2017 thru Oct 30, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 2

Generated on: 9/28/2017 1:09:07 PM

	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 - 10/05/2017													
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
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

	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 - 10/06/2017													
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
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
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		566	78	4.52	*1.10	*323.9	*538	*21	*37.51	38.61	69.91	12.93	4.90
% of Calories										27.3%	49.4%	20.6%	7.8%
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 - 10/09/2017													
Wilmette Junior High School	Total												
Stuffed Shells	2 Shells	340	70	4.00	2.88	240.0	800	106	10.2	15.0	43.0	13.0	7.00
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Mixed Vegetables	2/3 Cup	36	5	2.00	0.96	0.6	3057	617	20.0	0.69	4.0	1.87	1.18
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
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

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 2, 2017 thru Oct 30, 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)
Tue - 10/10/2017													
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 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 - 10/11/2017													
Wilmette Junior High School	Total												
Baked Potato	1 Potato	110	0	4.00	1.44	0.0	0	0	30.0	4.0	23.0	0.0	0.00
Broccoli	1/8 Cup	4	0	0.29	0.08	5.2	69	17	9.81	0.31	0.73	0.04	0.00
Chicken Chunks	1 oz pieces	37	17	0.00	0.90	0.0	0	0	0.0	7.0	0.0	1.0	0.33
Bacon	1 piece crumble	45	10	0.00	0.00	0.0	0	0	0.0	3.0	0.0	3.5	1.25
Cheddar Cheese - Shredded	1/8 Cup	55	15	0.00	0.00	100.0	150	30	0.0	3.5	0.0	4.5	3.00
Breadstick	1 Stick	110	0	1.00	1.44	0.0	0	0	0.0	4.0	21.0	1.0	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
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		485	57	6.79	*3.86	*405.2	*719	*57	*41.01	30.31	61.23	12.74	6.09
% of Calories										25.0%	50.5%	23.6%	11.3%
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.

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 2, 2017 thru Oct 30, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 4

Generated on: 9/28/2017 1:09:07 PM

	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 - 10/12/2017													
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
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

Fri - 10/13/2017													
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
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		542	60	6.50	*1.80	*340.6	*657	*47	*12.00	30.52	60.50	18.56	5.18
% of Calories										22.5%	44.6%	30.8%	8.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 10/16/2017													
Wilmette Junior High School	Total												
Meatballs	1 Serving	184	36	0.66	1.19	39.5	0	0	0.0	9.22	4.61	14.49	5.93
Rotini	6 oz	226	5	2.00	1.80	0.6	57	17	0.0	7.02	41.0	2.87	1.18
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	0.0	0.00
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
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 2, 2017 thru Oct 30, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 5

Generated on: 9/28/2017 1:09:07 PM

	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		706	56	6.16	*4.07	*360.1	*657	*47	*31.20	27.74	80.11	28.06	10.61
% of Calories										15.7%	45.4%	35.8%	13.5%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 10/17/2017													
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 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 - 10/18/2017													
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
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
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		601	115	6.72	*2.38	*348.6	*793	*71	*11.02	32.58	48.04	29.62	7.31
% of Calories										21.7%	32.0%	44.3%	10.9%
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

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 2, 2017 thru Oct 30, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 6

Generated on: 9/28/2017 1:09:07 PM

	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 - 10/19/2017													
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
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		518	242	8.05	*3.75	*471.9	*4597	*501	*55.34	38.96	57.53	14.50	4.13
% of Calories										30.1%	44.4%	25.2%	7.2%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 10/20/2017													
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
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		769	80	10.32	*2.72	*504.1	*1843	*276	*26.36	38.94	104.56	22.26	10.26
% of Calories										20.2%	54.4%	26.0%	12.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 10/23/2017													
Wilmette Junior High School	Total												
Cheese Tortellini w/Florentine	1 Serving	331	50	7.08	2.98	143.7	672	35	11.25	13.11	52.14	8.02	3.00
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
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

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 2, 2017 thru Oct 30, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 7

Generated on: 9/28/2017 1:09:07 PM

	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 % of Calories		632	70	10.58	*5.02	*444.3	*4329	*683	*32.45	24.29 15.4%	86.64 54.8%	20.58 29.3%	7.68 10.9%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 10/24/2017													
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
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 - 10/25/2017													
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 Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
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 % of Calories		728	68	8.50	*2.78	*350.3	*540	*21	*12.00	32.03 17.6%	99.50 54.7%	23.24 28.7%	6.59 8.1%
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

Oct 2, 2017 thru Oct 30, 2017

Base Menu Spreadsheet

Wilmette Junior High School

Portion Values - Detailed

Page 8

Generated on: 9/28/2017 1:09:07 PM

	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 - 10/26/2017													
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
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 - 10/27/2017													
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
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		612	99	6.13	*3.64	*376.5	*678	*51	*39.41	34.89	56.60	24.92	10.55
% of Calories										22.8%	37.0%	36.7%	15.5%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 10/30/2017													
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

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 2, 2017 thru Oct 30, 2017

Wilmette Junior High School

Generated on: 9/28/2017 1:09:07 PM

	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		530	60	9.50	*4.74	*400.6	*3857	*687	*21.20	22.19 16.7%	68.50 51.7%	18.56 31.5%	6.82 11.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00