

Wilmette Public Schools District 39

Sep 6, 2017 thru Sep 29, 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)
Wed - 09/06/2017													
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
Corn on the Cob	1 Petite Cob	90	0	1.00	0.00	0.0	0	0	3.6	3.0	19.0	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		585	55	5.50	*1.44	*300.0	*500	*10	*12.00	32.50	74.50	17.70	4.00
% of Calories										22.2%	50.9%	27.2%	6.2%
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)
Thu - 09/07/2017													
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
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

	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 - 09/08/2017													
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
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		410	70	6.50	*0.54	*380.0	*500	*10	*40.20	35.00	53.50	5.95	2.00
% of Calories										34.1%	52.2%	13.1%	4.4%
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

Sep 6, 2017 thru Sep 29, 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 - 09/11/2017													
Wilmette Junior High School	Total												
Italian Sausage w/ Pasta	1 Serving	473	50	4.22	3.99	42.2	321	10	14.16	20.13	54.94	20.02	5.15
Mixed Vegetables	2/3 Cup	36	5	2.00	0.96	0.6	3057	617	20.0	0.69	4.0	1.87	1.18
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
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		774	70	7.72	*6.03	*342.8	*3979	*657	*35.35	31.31	89.44	32.58	9.83
% of Calories										16.2%	46.2%	37.9%	11.4%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Tue - 09/12/2017													
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 - 09/13/2017													
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
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		813	92	*6.26	*2.20	*856.9	*1187	*106	*9.61	48.51	110.67	*19.02	*10.46
% of Calories										23.9%	54.5%	*21.1%	*11.6%
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)
Thu - 09/14/2017													
Wilmette Junior High School	Total												
Old Fashion Chicken Salad/WJHS	1 Serving	215	37	0.59	0.36	18.8	96	22	3.5	10.64	14.23	13.71	2.27
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		432	52	4.89	*1.95	*390.8	*2396	*392	*21.50	24.94	46.33	17.41	3.77
% of Calories										23.1%	42.9%	36.3%	7.8%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Fri - 09/15/2017													
Wilmette Junior High School	Total												
Vegetable Egg Roll	1 Roll	150	5	1.00	0.00	0.0	0	0	0.0	3.0	20.0	7.0	1.50
Vegetable Fried Brown Rice	1 Cup	153	56	3.24	1.29	19.6	2168	280	17.47	*6.42	24.5	3.42	0.65
Fortune Cookie	1 .4 oz Cook	43	0	0.00	0.14	0.0	0	0	0.0	0.4	9.6	0.4	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		471	76	5.73	*1.43	*319.6	*2668	*290	*18.67	*18.32	70.60	13.52	3.65
% of Calories										*15.5%	59.9%	25.8%	7.0%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Mon - 09/18/2017													
Wilmette Junior High School	Total												
Cheezy Pasta/Meat Bologn Sauce	1 Serving	436	45	4.06	3.70	249.4	423	85	9.49	24.7	53.79	14.29	6.10
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		731	60	7.56	*4.78	*569.4	*1023	*115	*40.69	36.20	88.29	24.99	9.60
% of Calories										19.8%	48.3%	30.8%	11.8%
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)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/19/2017													
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)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/20/2017													
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
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	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

	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)
Mon - 09/25/2017													
Wilmette Junior High School	Total												
Meat Lasagna	1 Serving	486	104	3.56	3.36	347.1	738	153	9.25	29.66	45.86	21.01	10.41
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Vegetable Lasagna	1 Serving	398	50	4.32	2.70	344.7	897	156	17.93	20.97	47.78	14.78	8.01
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		1185	174	11.37	*8.11	*992.3	*5293	*957	*48.38	61.81	128.15	48.35	23.10
% of Calories										20.9%	43.2%	36.7%	17.5%
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)
Tue - 09/26/2017													
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
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 - 09/27/2017													
Wilmette Junior High School	Total												
Lemon Chicken	1 Serving	279	65	0.87	1.86	51.8	26	5	29.73	29.14	25.56	7.06	1.09
Orzo - Lemon	1 serving	211	0	2.01	10.00	10.3	1	0	1.17	7.01	41.22	1.0	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
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		645	80	6.38	*11.86	*382.1	*527	*15	*62.10	45.64	87.27	10.76	2.59
% of Calories										28.3%	54.1%	15.0%	3.6%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00

Thu - 09/28/2017													
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

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* - 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

Sep 6, 2017 thru Sep 29, 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)
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Fri - 09/29/2017													
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 on the Cob	1 Petite Cob	90	0	1.00	0.00	0.0	0	0	3.6	3.0	19.0	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		960	85	6.76	*3.43	*1024.3	*1962	*257	*8.63	43.16	118.22	34.77	20.51
% of Calories										18.0%	49.3%	32.6%	19.2%
Nutrient Guideline		783			4.50	400.00	1500		16.70	15.20		<=30.0	<10.00