

# Base Menu Spreadsheet

## Portion Values

Jun 1, 2024 thru Jun 8, 2024

**Menu Name:** Wilmette Junior High School

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 06/03/2024

### Reimbursable Meal Total 1

|  | Portion Size   | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|----------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000313 Wheat Bread                     | 2 Slices       | 1         | 140                      | 0.00                   | 270                    | *N/A*            | *N/A*            | 2.00      | 0.00                    | 0           | 26.00    | 2.00      | 4.00      | 0          | 40.0                   | 0.00       | 2.16      |
| 000398 Ham                             | 3 Slices       | 1         | 66                       | 1.13                   | 765                    | *N/A*            | *N/A*            | 2.25      | 0.00                    | 28          | 0.00     | 0.00      | 11.25     | 0          | 0.0                    | 0.00       | 0.40      |
| 000386 American Cheese Slice           | 1 slice        | 1         | 70                       | 4.00                   | 340                    | *N/A*            | *N/A*            | 6.00      | 0.00                    | 15          | 2.00     | 0.00      | 4.00      | 300        | 100.0                  | 0.00       | 0.00      |
| 000034 LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc     | 1         | 5                        | 0.01                   | 2                      | 1                | *N/A*            | 0.06      | 0.00                    | 0           | 1.11     | 0.36      | 0.26      | 230        | 3.4                    | 3.51       | 0.09      |
| 000810 Chips-Selection Varies          | Bag            | 1         | 210                      | 1.50                   | 125                    | *N/A*            | *N/A*            | 12.00     | 0.00                    | 0           | 23.00    | 2.00      | 3.00      | 0          | 20.0                   | 6.00       | 0.72      |
| 000082 Veggies                         | 2-4 oz portion | 1         | 20                       | 0.00                   | 0                      | *N/A*            | *N/A*            | 0.20      | 0.00                    | 0           | 4.00     | 1.50      | 1.00      | *N/A*      | *N/A*                  | *N/A*      | *N/A*     |
| 000304 Fresh Fruit                     | 2-4 oz         | 1         | 25                       | 0.00                   | 0                      | *N/A*            | *N/A*            | 0.20      | 0.00                    | 0           | 5.50     | 1.50      | 0.50      | *N/A*      | *N/A*                  | *N/A*      | *N/A*     |
| 000837 1% Low Fat Milk                 | 1 Carton       | 1         | 100                      | 1.50                   | 120                    | *N/A*            | *N/A*            | 2.50      | *N/A*                   | 15          | 11.00    | *N/A*     | 8.00      | 0          | 290.0                  | 0.00       | 0.00      |
| Weighted Daily Average                 |                |           | 637                      | 8.13                   | 1622                   | *1               | *0               | 25.21     | *0.00                   | 58          | 72.61    | *7.36     | 32.01     | *530       | *453.4                 | *9.51      | *3.37     |
| % of Calories                          |                |           |                          | 11.49 %                |                        | *0.6%            | *0%              | 35.6%     | *0.0%                   |             | 45.6%    |           | 20.1%     |            |                        |            |           |
| Weekly Nutrient Guideline              |                |           | 550 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |                        |            |           |

### Tuesday - 06/04/2024

### Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Portion Values

Jun 1, 2024 thru Jun 8, 2024

|                           | Portion Size                    | Reimb Qty      | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |       |
|---------------------------|---------------------------------|----------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|-------|
| 000313                    | Wheat Bread                     | 2 Slices       | 1                        | 140                    | 0.00                   | 270              | *N/A*            | *N/A*     | 2.00                    | 0.00        | 0        | 26.00     | 2.00      | 4.00       | 0                      | 40.0       | 0.00      | 2.16  |
| 000816                    | Turkey Breast - Natural         | 4 Slices       | 1                        | 60                     | 0.50                   | 360              | *N/A*            | *N/A*     | 1.50                    | 0.00        | 25       | 1.00      | 0.00      | 10.00      | 0                      | 0.0        | 0.00      | 0.36  |
| 000386                    | American Cheese Slice           | 1 slice        | 1                        | 70                     | 4.00                   | 340              | *N/A*            | *N/A*     | 6.00                    | 0.00        | 15       | 2.00      | 0.00      | 4.00       | 300                    | 100.0      | 0.00      | 0.00  |
| 000034                    | LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc     | 1                        | 5                      | 0.01                   | 2                | 1                | *N/A*     | 0.06                    | 0.00        | 0        | 1.11      | 0.36      | 0.26       | 230                    | 3.4        | 3.51      | 0.09  |
| 000810                    | Chips-Selection Varies          | Bag            | 1                        | 210                    | 1.50                   | 125              | *N/A*            | *N/A*     | 12.00                   | 0.00        | 0        | 23.00     | 2.00      | 3.00       | 0                      | 20.0       | 6.00      | 0.72  |
| 000082                    | Veggies                         | 2-4 oz portion | 1                        | 20                     | 0.00                   | 0                | *N/A*            | *N/A*     | 0.20                    | 0.00        | 0        | 4.00      | 1.50      | 1.00       | *N/A*                  | *N/A*      | *N/A*     | *N/A* |
| 000304                    | Fresh Fruit                     | 2-4 oz         | 1                        | 25                     | 0.00                   | 0                | *N/A*            | *N/A*     | 0.20                    | 0.00        | 0        | 5.50      | 1.50      | 0.50       | *N/A*                  | *N/A*      | *N/A*     | *N/A* |
| 000837                    | 1% Low Fat Milk                 | 1 Carton       | 1                        | 100                    | 1.50                   | 120              | *N/A*            | *N/A*     | 2.50                    | *N/A*       | 15       | 11.00     | *N/A*     | 8.00       | 0                      | 290.0      | 0.00      | 0.00  |
| Weighted Daily Average    |                                 |                |                          | 630                    | 7.51                   | 1217             | *1               | *0        | 24.46                   | *0.00       | 55       | 73.61     | *7.36     | 30.76      | *530                   | *453.4     | *9.51     | *3.33 |
| % of Calories             |                                 |                |                          |                        | 10.73 %                |                  | *0.6%            | *0%       | 34.9%                   | *0.0%       |          | 46.7%     |           | 19.5%      |                        |            |           |       |
| Weekly Nutrient Guideline |                                 |                |                          | 550 - 650              | <10                    | 1110             |                  |           | <=0                     |             |          |           |           |            |                        |            |           |       |

**Wednesday - 06/05/2024**

**Reimbursable Meal Total 1**

|        | Portion Size                    | Reimb Qty      | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |       |
|--------|---------------------------------|----------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|-------|
| 000722 | Ham, Turkey and Cheese W.W.Sub  | 1 Sandwich     | 1                        | 259                    | 4.50                   | 1271             | *N/A*            | *N/A*     | 9.32                    | 0.00        | 43       | 27.67     | *1.99     | 18.79      | 300                    | 149.7      | 0.00      | 1.52  |
| 000082 | Veggies                         | 2-4 oz portion | 1                        | 20                     | 0.00                   | 0                | *N/A*            | *N/A*     | 0.20                    | 0.00        | 0        | 4.00      | 1.50      | 1.00       | *N/A*                  | *N/A*      | *N/A*     | *N/A* |
| 000034 | LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc     | 1                        | 5                      | 0.01                   | 2                | 1                | *N/A*     | 0.06                    | 0.00        | 0        | 1.11      | 0.36      | 0.26       | 230                    | 3.4        | 3.51      | 0.09  |
| 000810 | Chips-Selection Varies          | Bag            | 1                        | 210                    | 1.50                   | 125              | *N/A*            | *N/A*     | 12.00                   | 0.00        | 0        | 23.00     | 2.00      | 3.00       | 0                      | 20.0       | 6.00      | 0.72  |

**Base Menu Spreadsheet**

Portion Values

Jun 1, 2024 thru Jun 8, 2024

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000304 Fresh Fruit        | 2-4 oz       | 1         | 25                       | 0.00                   | 0                      | *N/A*            | *N/A*            | 0.20      | 0.00                    | 0           | 5.50     | 1.50      | 0.50      | *N/A*      | *N/A*                  | *N/A*      | *N/A*     |
| 000837 1% Low Fat Milk    | 1 Carton     | 1         | 100                      | 1.50                   | 120                    | *N/A*            | *N/A*            | 2.50      | *N/A*                   | 15          | 11.00    | *N/A*     | 8.00      | 0          | 290.0                  | 0.00       | 0.00      |
| Weighted Daily Average    |              |           | 619                      | 7.51                   | 1518                   | *1               | *0               | 24.28     | *0.00                   | 58          | 72.28    | *7.34     | 31.55     | *530       | *463.0                 | *9.51      | *2.33     |
| % of Calories             |              |           |                          | 10.92 %                |                        | *0.6%            | *0%              | 35.3%     | *0.0%                   |             | 46.7%    |           | 20.4%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |                        |            |           |

|                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| Weighted Averages | 629                      | 8                      | 1452                   | *1               | *0               | 24.65     | *0.00                   | 57          | 72.83    | *7.35     | 31.44     | *530       | *456.6                 | *9.51      | *3.01     |
| % of Calories     |                          | 11.05%                 |                        | *0.6%            | *0%              | 35.3%     | *0.0%                   |             | 46.3%    |           | 20.0%     |            |                        |            |           |

| Nutrient      | Menu Average | % of Cals | Weekly Target | % of Target | Shortfall | Overage | Missing Data | Error Messages (if any)                 |
|---------------|--------------|-----------|---------------|-------------|-----------|---------|--------------|---|
| Calories      | 629          |           | 550-650       | 100%        |           |         |              |   |
| Saturated Fat | 7.72 g       | 11.05%    | <10.000%      |             |           | 1.06%   |              | Correction Required - Sat. Fat too High |
| Sodium        | 1452 mg      |           | 1110.000      | 131%        |           | 342.00  |              | Correction Required - Sodium too High   |
| Total Sugars  | *1 g         | *0.6%     |               |             |           |         | Missing Data |   |
| Added Sugars  | *0 g         | *0%       |               |             |           |         | Missing Data |   |
| Total Fat     | 24.65 g      | 35.3%     |               |             |           |         |              |   |
| Trans Fat     | *0.00 g      | *0.0%     |               |             |           |         | Missing Data |   |
| Cholesterol   | 57 mg        |           |               |             |           |         |              |   |
| Carbohydrate  | 72.83 g      | 46.3%     |               |             |           |         |              |   |
| Fiber         | *7.35 g      |           |               |             |           |         | Missing Data |   |
| Protein       | 31.44 g      | 20.0%     |               |             |           |         |              |   |
| Vitamin A     | *530 IU      |           |               |             |           |         | Missing Data |   |
| Calcium       | *456.6 mg    |           |               |             |           |         | Missing Data |   |
| Vitamin C     | *9.51 mg     |           |               |             |           |         | Missing Data |   |

# Base Menu Spreadsheet

## Portion Values

Jun 1, 2024 thru Jun 8, 2024

|      |          |  |  |  |  |  |              |  |
|------|----------|--|--|--|--|--|--------------|--|
| Iron | *3.01 mg |  |  |  |  |  | Missing Data |  |
|------|----------|--|--|--|--|--|--------------|--|

*\*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> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE:** The data contained within this report and the Mosaic® 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.