

Wilmette Public Schools District 39

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

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)
Mon - 04/02/2018													
Elementary Lunch	Total												
Mini Turkey Corn Dogs	5 Corn Dogs	240	35	0.00	1.80	100.0	0	0	0.0	8.0	21.0	14.0	3.00
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
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		525	50	5.50	*2.16	*440.0	*500	*10	*33.60	19.50	67.50	18.70	4.50
% of Calories										14.9%	51.4%	32.1%	7.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 04/03/2018													
Elementary Lunch	Total												
Bagel - 1-4	1 Bagel	210	0	1.00	2.70	0.0	0	0	0.0	6.0	39.0	3.0	0.00
Cream Cheese Cup	1 oz cup	100	30	0.00	0.36	20.0	400	80	0.0	2.0	2.0	9.0	6.00
Turkey Roll-Up	2 Slices	30	13	*N/A*	0.00	0.0	0	0	0.0	5.32	1.33	0.33	0.00
Jelly Cup	1/2 oz	35	0	0.00	0.00	0.0	0	0	*N/A*	0.0	9.0	0.0	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		505	58	*2.50	*3.42	*320.0	*2900	*490	*2.40	21.82	68.83	15.03	7.50
% of Calories										17.3%	54.5%	26.8%	13.4%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 04/04/2018													
Elementary Lunch	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 - Mck-Cen	2/3 Cup	120	5	2.00	0.36	20.0	100	20	2.4	2.0	19.0	4.0	1.50
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		585	154	5.50	*1.72	*395.6	*756	*64	*7.20	35.11	57.52	24.99	8.01
% of Calories										24.0%	39.4%	38.5%	12.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Wilmette Public Schools District 39

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

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)
Thu - 04/05/2018													
Elementary Lunch	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 - 3-4	3 - 4 Slices	28	4	0.00	0.08	0.0	0	0	0.0	1.29	0.21	2.57	1.07
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Lite Ranch Dip Cup	1 oz	50	5	0.00	0.00	0.0	0	0	0.0	0.0	5.0	3.5	0.50
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		603	49	5.00	*3.68	*550.0	*530	*16	*1.20	23.79	71.72	24.97	11.07
% of Calories										15.8%	47.6%	37.3%	16.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 04/06/2018													
Elementary Lunch	Total												
Meatball Sandwich 1-6	1 Sandwich	343	30	4.42	3.05	87.1	382	76	5.3	14.06	35.87	35.74	4.97
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
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		695	50	10.92	*4.13	*427.6	*1039	*124	*14.90	26.58	83.37	47.31	8.15
% of Calories										15.3%	48.0%	61.2%	10.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 04/09/2018													
Elementary Lunch	Total												
Grilled Chicken on a Wheat Bun	1 Sandwich	260	60	2.00	2.16	80.0	10	2	0.0	28.0	27.0	5.0	0.05
BBQ Sauce- Sweet Baby Rays	2 TBS	50	0	0.00	0.00	0.0	10	2	2.4	0.0	13.0	0.0	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	0	0.36	0.09	3.4	230	17	3.51	0.26	1.11	0.06	0.01
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
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		618	80	7.86	*2.97	*443.9	*908	*68	*13.11	39.78	88.61	11.62	2.74
% of Calories										25.8%	57.4%	16.9%	4.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=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 - 04/10/2018													
Elementary Lunch	Total												
Baked Herb Tilapia 1-4	3-4 oz	115	13	1.00	0.54	10.0	0	0	1.8	11.0	7.5	4.5	1.00
Bow Tie Pasta	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
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		503	37	6.50	*3.30	*311.1	*3615	*645	*23.00	27.21	69.00	11.93	4.86
% of Calories										21.6%	54.9%	21.3%	8.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 04/11/2018													
Elementary Lunch	Total												
Turkey Taco - 1 Soft Shell	1 Taco	178	40	2.00	2.52	100.0	0	0	0.48	13.0	17.6	7.3	2.20
Optional 2nd Taco Flour	1 Taco	178	40	2.00	2.52	100.0	0	0	0.48	13.0	17.6	7.3	2.20
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
Lettuce - Shredded	1/4 Cup	3	0	0.22	0.07	3.2	90	6	0.5	0.16	0.53	0.03	0.00
Salsa - 1TBS	1 TBS	5	0	0.00	0.00	0.0	50	10	0.0	0.0	1.0	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
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
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		788	115	8.22	*5.65	*603.8	*850	*74	*8.66	44.18	100.49	25.90	10.14
% of Calories										22.4%	51.0%	29.6%	11.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 04/12/2018													
Elementary Lunch	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
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Lite Ranch Dip Cup	1 oz	50	5	0.00	0.00	0.0	0	0	0.0	0.0	5.0	3.5	0.50
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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Elementary Lunch

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		575	45	5.00	*3.60	*550.0	*530	*16	*1.20	22.50	71.50	22.40	10.00
% of Calories										15.7%	49.7%	35.1%	15.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 04/13/2018													
Elementary Lunch	Total												
Hamburger on Wheat	Burger	333	61	2.00	*1.44	*60.0	*0	*0	*0.0	22.0	26.0	16.0	5.30
American Cheese Slice	1 slice	70	15	0.00	0.00	100.0	300	60	0.0	4.0	0.0	6.0	4.00
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
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		744	96	8.50	*3.12	*460.6	*3857	*687	*26.00	38.18	72.50	33.56	12.48
% of Calories										20.5%	39.0%	40.6%	15.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 04/16/2018													
Elementary Lunch	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
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		594	65	5.50	*2.78	*370.0	*2510	*412	*7.20	29.02	83.50	16.27	5.47
% of Calories										19.5%	56.2%	24.6%	8.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 04/17/2018													
Elementary Lunch	Total												
Italian Chicken Tenders, Barbe	3 Pieces (4	220	40	1.00	1.08	20.0	0	0	1.2	18.0	17.0	9.0	1.50
Mashed Potatoes - Mck-Cen	2/3 Cup	120	5	2.00	0.36	20.0	100	20	2.4	2.0	19.0	4.0	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
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		501	65	6.50	*2.40	*340.6	*3657	*647	*24.80	29.19	56.50	17.56	5.68
% of Calories										23.3%	45.1%	31.5%	10.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 04/18/2018													
Elementary Lunch	Total												
Grilled Cheese	Sandwich	330	45	2.00	2.16	241.7	776	173	0.0	12.06	26.0	19.7	11.61
Pretzels	1 bag	111	0	1.01	1.46	0.0	0	0	0.0	2.03	23.29	1.01	0.00
Tomato Soup	1 Cup	141	6	2.00	0.40	152.5	639	152	4.8	6.11	25.08	2.18	1.27
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		713	66	6.51	*4.38	*694.2	*3915	*735	*7.20	28.69	91.88	25.59	14.38
% of Calories										16.1%	51.5%	32.3%	18.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 04/23/2018													
Elementary Lunch	Total												
Italian Beef on a Wheat Roll	Roll	229	35	1.99	2.42	49.7	0	0	0.0	16.97	24.34	7.49	2.50
BBQ Sauce- Sweet Baby Rays	2 TBS	50	0	0.00	0.00	0.0	10	2	2.4	0.0	13.0	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
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Lite Ranch Dip Cup	1 oz	50	5	0.00	0.00	0.0	0	0	0.0	0.0	5.0	3.5	0.50
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		654	55	7.99	*3.14	*349.7	*510	*12	*8.40	29.47	88.84	20.89	5.00
% of Calories										18.0%	54.3%	28.7%	6.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Tue - 04/24/2018													
Elementary Lunch	Total												
Pork Eggroll	1 Roll	180	15	2.00	1.80	20.0	500	100	9.0	7.0	18.0	9.0	2.00
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Vegetable Eggroll	Roll	140	5	2.00	1.08	20.0	125	25	12.0	4.0	22.0	4.5	0.00
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
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
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		671	43	9.00	*3.93	*380.8	*1312	*181	*25.80	23.93	97.35	20.56	5.30
% of Calories										14.3%	58.0%	27.6%	7.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 04/25/2018													
Elementary Lunch	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
Bacon	1 piece cru mble	45	10	0.00	0.00	0.0	0	0	0.0	3.0	0.0	3.5	1.25
Chicken Chunks	2 oz pieces	73	33	0.00	1.80	0.0	0	0	0.0	14.0	0.0	2.0	0.67
Rotini - Salad Bar	1/4 Cup	26	0	0.25	0.23	0.0	0	0	0.0	0.88	5.13	0.13	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
YoKids Yogurt	4 oz	100	15	0.00	0.00	150.0	20	4	0.0	4.0	12.0	3.5	2.50
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		599	130	9.69	*5.13	*609.0	*8286	*1099	*79.69	42.54	74.10	14.82	6.41
% of Calories										28.4%	49.5%	22.3%	9.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 04/26/2018													
Elementary Lunch	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

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

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

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		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		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 04/27/2018													
Elementary Lunch	Total												
Rotini	6 oz	226	5	2.00	1.80	0.6	57	17	0.0	7.02	41.0	2.87	1.18
Meatballs 1/2 oz	1 Serving	158	30	0.66	1.19	26.4	7	1	0.79	7.25	3.29	12.52	4.61
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
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	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		705	50	6.16	*5.51	*366.9	*2964	*455	*12.19	26.77	85.80	27.08	9.29
% of Calories										15.2%	48.7%	34.6%	11.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 04/30/2018													
Elementary Lunch	Total												
BLT Sandwich on Wheat Bun	Sandwich	224	15	2.30	2.59	62.9	192	14	2.88	10.22	27.93	9.55	2.01
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		484	30	5.80	*3.31	*382.9	*2692	*424	*7.68	20.72	71.43	14.25	3.51
% of Calories										17.1%	59.0%	26.5%	6.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00