

# Wilmette Public Schools District 39

Aug 29, 2019 thru Aug 30, 2019

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)
Thu - 08/29/2019													
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
Ken's Ranch Dressing	2 tbsp	130	10	0.00	0.00	0.0	0	0	0.0	1.0	3.0	13.0	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		655	50	5.00	*3.60	*550.0	*530	*16	*1.20	23.50	69.50	31.90	11.50
% of Calories										14.4%	42.4%	43.8%	15.8%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 08/30/2019													
Elementary Lunch	Total												
Hot Dog on a Wheat Bun	1 Hot Dog	262	25	2.25	2.02	50.3	0	0	0.0	11.18	26.52	33.0	4.28
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 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		657	40	7.75	*2.74	*350.3	*500	*10	*9.60	25.68	88.02	43.70	6.28
% of Calories										15.6%	53.6%	59.9%	8.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00