

# Wilmette Public Schools District 39

Sep 3, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 8/26/2019 5:47:31 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)
Tue - 09/03/2019													
Elementary Lunch	Total												
Wheat Bread	2 Slices	140	0	2.00	2.16	40.0	0	0	0.0	4.0	26.0	2.0	0.00
Turkey Breast - Natural	4 Slices	60	25	0.00	0.36	0.0	0	0	0.0	10.0	1.0	1.5	0.50
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Tuna Salad	1/2 CUP	236	35	0.40	1.15	23.3	243	33	1.09	11.73	3.5	19.97	2.23
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
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
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		852	90	6.26	*4.84	*486.6	*3273	*520	*13.00	41.49	72.10	44.23	9.74
% of Calories										19.5%	33.9%	46.7%	10.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 09/04/2019													
Elementary Lunch	Total												
Chicken Pasta Caesar Salad	8 oz	268	41	1.43	3.89	147.1	1268	218	13.02	23.37	24.68	7.98	2.48
CHICKEN NOODLE SOUP: scratch	1 CUP	88	24	0.70	0.69	14.6	77	5	1.17	6.78	10.69	1.88	0.45
Caesar Dressing	2 TBS	160	400	0.00	0.00	0.0	0	0	0.0	0.0	1.0	17.0	3.00
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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
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		851	489	5.63	*5.30	*501.8	*1845	*234	*15.39	44.65	69.87	43.56	9.42
% of Calories										21.0%	32.9%	46.1%	10.0%
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**

**Sep 3, 2019 thru Sep 27, 2019**

Base Menu Spreadsheet

Elementary Lunch

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)
Thu - 09/05/2019													
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
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
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		683	54	5.00	*3.68	*550.0	*530	*16	*1.20	24.79	69.72	34.47	12.57
% of Calories										14.5%	40.8%	45.4%	16.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 09/06/2019													
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
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
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		850	60	7.66	*5.15	*366.9	*964	*55	*10.99	28.77	91.80	40.28	11.29
% of Calories										13.5%	43.2%	42.7%	12.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 09/09/2019													
Elementary Lunch	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
Spanish Rice - No MSG	3/4 Cup	143	0	0.75	2.72	45.3	38	8	11.32	3.77	33.19	0.38	0.00
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		687	58	5.25	*3.80	*745.5	*628	*39	*16.12	30.28	88.69	24.05	13.62
% of Calories										17.6%	51.6%	31.5%	17.8%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 8/26/2019 5:47:32 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)
<b>Tue - 09/10/2019</b>													
Elementary Lunch	Total												
Waffle - Bakersclassic	1 Serving	165	25	1.00	1.35	10.0	0	0	0.0	4.0	26.0	5.0	1.50
Optional 2nd Waffle	1 Waffle	165	25	1.00	1.35	10.0	0	0	0.0	4.0	26.0	5.0	1.50
Syrup 1 oz	1 oz portion cup	80	0	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	20.0	0.0	0.00
Turkey Sausage	2 Sausages	140	60	0.00	0.72	0.0	100	20	1.2	10.0	0.0	11.0	3.50
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		680	125	3.50	*3.78	*320.0	*2600	*430	*3.60	26.50	89.50	23.70	8.00
% of Calories										15.6%	52.6%	31.4%	10.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

<b>Wed - 09/11/2019</b>													
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
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
Roasted Calif, Broc & Parmesan	1 Cup	96	8	2.14	0.56	123.8	321	77	66.85	5.24	5.92	5.91	2.02
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		667	93	6.00	*2.81	*507.1	*1071	*108	*73.96	43.00	66.53	26.67	5.57
% of Calories										25.8%	39.9%	36.0%	7.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

<b>Thu - 09/12/2019</b>													
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
Sausage for Pizza	1/2 oz portio	100	20	0.00	0.18	20.0	0	0	0.0	3.5	0.5	9.0	3.00
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

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**Sep 3, 2019 thru Sep 27, 2019**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	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		755	70	5.00	*3.78	*570.0	*530	*16	*1.20	27.00	70.00	40.90	14.50
% of Calories										14.3%	37.1%	48.8%	17.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 09/13/2019													
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
Tater Tot's	3 oz -10 pieces	170	0	0.00	2.00	0.0	0	0	0.0	2.0	19.0	9.0	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
Weighted Daily Average		734	96	5.50	*4.40	*460.6	*3857	*687	*21.20	37.19	65.50	35.56	13.48
% of Calories										20.3%	35.7%	43.6%	16.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 09/16/2019													
Elementary Lunch	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
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
French Bread	1 Slice	80	0	0.00	1.08	20.0	0	0	0.0	4.0	15.0	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		489	55	9.50	*5.22	*460.0	*3000	*456	*11.40	25.50	76.50	9.70	3.64
% of Calories										20.9%	62.6%	17.9%	6.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Generated on: 8/26/2019 5:47:32 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)
Tue - 09/17/2019													
Elementary Lunch	Total												
Wheat Bagel - Jumbo Mini	1 Bagel	219	*N/A*	*N/A*	0.00	0.0	0	0	0.0	8.5	47.0	1.05	*N/A*
Cream Cheese Cup	1 oz cup	50	15	0.00	0.00	0.0	0	0	0.0	1.0	2.0	5.0	3.00
Turkey Roll-Up	2 Slices	30	13	0.00	0.18	0.0	0	0	0.0	5.0	0.5	0.75	0.25
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
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		609	*53	*3.00	*0.18	*300.0	*500	*10	*1.20	25.00	82.00	22.70	*6.75
% of Calories										16.4%	53.9%	33.5%	*10.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 09/18/2019													
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
Tater Tot's	3 oz -10 pie ces	170	0	0.00	2.00	0.0	0	0	0.0	2.0	19.0	9.0	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		676	70	5.50	*4.42	*390.6	*667	*49	*7.20	30.04	80.50	25.13	8.15
% of Calories										17.8%	47.6%	33.4%	10.8%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 09/19/2019													
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
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		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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<b>Fri - 09/20/2019</b>													
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 - Snyders 100 cal	1 - bag	100	0	1.00	1.08	0.0	0	0	0.0	2.0	22.0	0.0	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		702	66	6.50	*4.00	*694.2	*3915	*735	*7.20	28.67	90.59	24.58	14.38
% of Calories										16.3%	51.6%	31.5%	18.4%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

<b>Mon - 09/23/2019</b>													
Elementary Lunch	Total												
Baked Herb Tilapia - HMS	2-3 oz	230	25	2.00	1.08	20.0	0	0	3.6	22.0	15.0	9.0	2.00
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
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		629	50	7.50	*3.24	*361.1	*715	*65	*8.40	38.54	77.50	16.43	5.86
% of Calories										24.5%	49.3%	23.5%	8.4%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

<b>Tue - 09/24/2019</b>													
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
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
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
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		709	40	7.30	*3.31	*382.9	*692	*24	*10.08	23.72	74.43	37.45	7.01
% of Calories										13.4%	42.0%	47.5%	8.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Wilmette Public Schools District 39**

**Sep 3, 2019 thru Sep 27, 2019**

Base Menu Spreadsheet

Elementary Lunch

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)
<b>Wed - 09/25/2019</b>													
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
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	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
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		685	113	7.22	*6.01	*603.5	*2820	*465	*3.86	41.17	80.48	23.92	9.52
% of Calories										24.1%	47.0%	31.4%	12.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

<b>Thu - 09/26/2019</b>													
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

<b>Fri - 09/27/2019</b>													
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 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

\*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.

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# Wilmette Public Schools District 39

Sep 3, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 8

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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)
Weighted Daily Average		586	152	4.50	*1.72	*395.3	*726	*55	*7.20	36.10	59.52	24.02	7.39
% of Calories										24.6%	40.6%	36.9%	11.4%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00